

COLLEGE OF ARTS & SCIENCES

2025-2026 KINESIOLOGY - EMPHASIS: EXERCISE SCIENCE

B.S. DEGREE PLAN

FIRST YEAR - FRESHMAN							
Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	121	Life of Christ ¹	2	BIB	122	Acts of the Apostles ¹	2
ENG	101	English Composition I ¹	3	ENG	102	English Composition II ^{1,3}	3
KIN	120	Foundations of Kinesiology	3	BIO	211	Human Anat & Physio I ²	4
PEA	100	Lifetime Wellness	1	MAT		College Algebra or higher ²	3
HIS		History ¹	3	PSY	210	General Psychology ²	3
COM	140	Speech Communication ¹	3	PEA	156	Weight Training	1
			15				16
SECOND YEAR - SOPHOMORE							
Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB		Bible	2	BIB			2
		Creative works:ART/ENG/MUS ¹	3	KIN	328	Anatomical Kinesiology	3
		Any Electives	6			KIN/HEA/PEA Elective (Recommend	3
BIO	212	Human Anatomy & Physiology II ³	4	HEA	121	Principles of Nutrition	3
				MAT	235	Introductory Statistics ³	3
						Any Elective	3
			15				17
THIRD YEAR - JUNIOR							
Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	346	Foundations of Faith ¹	3	BIB		Bible	2
KIN	327	Care & Prevention of Athletic Injuries	3	KIN	420	Motor Learning	3
KIN	329	Biomechanics ³	3	KIN	397/49	Practicum in Kinesiology	2
KIN	338	Physiology of Exercise ³	3	KIN/HEA		UD Elective: Recommend KIN330/3	3
			4			Any Electives	5
			16				15
FOURTH YEAR - SENIOR							
Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	495	Values in Human Thought ¹	3	BIB		Bible	2
KIN	425	Organization & Administration in Phys. E	3	KIN	437	Exercise Testing & Prescription	3
HEA	217	First Aid and CPR	3	KIN	397/497	Practicum in Kinesiology	2
		Upper Division Electives	3	KIN	426	AdaptivePhysical Education	3
		Any Electives	4			UD Elective: Recommend KIN330/3	3
						Any Electives	3
			16				16
						Total	126

¹Liberal Arts Core Requirement

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²Liberal Arts Core Requirements in *Undergraduate Catalog*

³Course has prerequisite. See corresponding *Undergraduate Catalog*

ADDITIONAL ITEMS RELATED TO THE MAJOR

Exercise Science Emphasis elective recommendations: KIN 221, KIN 330, KIN 331

The following guidelines are important. Failure to follow these guidelines may delay graduation.

1. Plan schedules carefully. Plan to fulfill prerequisites for future courses.
2. Do not alter the sequence of courses without consulting with your academic adviser as not all classes are offered every semester.
3. Before the enrollment period, check to make sure holds will not prevent you from registering.
4. Register for classes early during the registration period to secure classes.

The Four-Year Degree Plan is a suggested plan of study. This plan does not replace the *Undergraduate Catalog*. The *Undergraduate Catalog* provides the official listing of program requirements.

2025-2026 Undergraduate Liberal Arts Core Requirements

I. Biblical Values		III. Broadened Perspectives	
A. Bible		A. Behavioral Sciences	
BIB 121 & 122 & 346 OR 446	7	BIB/FAM 230 OR PSY 210 OR SOC 241 OR SWK 251	3
II. Basic Skills		B. Natural Sciences	
A. Written Communication		BIO 100 OR BIO 105 OR BIO 110 OR BIO 111 OR BIO 112 OR BIO 211 OR CHE 121 & CHE 121L OR PHS 111 OR PHS 112 OR PHS 201 OR PHS 211	
ENG 101 AND ENG 102	6	C. Arts and Humanities	
B. Oral Communication		HISTORY: HIS 111 OR HIS 112 OR HIS 221 OR HIS 222 OR HUM 399A OR POL 251	
COM 140	3	CRITICAL AND CREATIVE WORKS: ART 110 OR ART 201 OR ART 234 OR ENG 215 OR ENG 225 OR ENG 235 OR ENG 299A/399A OR MUS 110 OR MUS 214 OR PHI 243 OR PHI 245 OR PHI246 OR THE 160 OR THE 265 OR THE 299A/399A	
C. Quantitative Reasoning		HUMANITIES CAPSTONE: BIB/HUM 495	
MAT 100 OR MAT 101 OR MAT 120 OR MAT 122 OR MAT235		3	
Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.		Total	
		34	