

COLLEGE OF ARTS AND SCIENCES

2025-2026 KINESIOLOGY BS DEGREE PLAN

*Emphasis in Health and Human Performance

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	PEA	156	Weight training	1
MAT		College Algebra or higher ²	3	HIS		History ¹	3
PEA	100	Lifetime Wellness	1	PSY	210	General Psychology ²	3
COM	140	Speech Communication ¹	3				
			15				12
SECOND YEAR - SOPHOMORE							
Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Upper Division Bible	3	BIB		Bible	2
KIN	235	Fund of Sports Skills	3	KIN	328	Anatomical Kinesiology ³	3
HEA	216	Personal Health	3	HEA	121	Principles of Nutrition	3
BIO		Human Bio or A&P I ²	4			Any Electives	9
		Creative works:ART/ENG/MU	3				
			16				17
THIRD YEAR - JUNIOR							
Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Bible	2	BIB	346	Foundations of Faith ¹	3
KIN	327	Care & Prev. of Athletic Inj	3	KIN/HEA/PEA		Elective: Recommend KIN221	4
KIN	338	Physiology of Exercise ³	3	KIN	320	Measurement & Eval in Phy	3
KIN	329	Biomechanics ³	3			Any Upper Electives	3
KIN	225	Physical Activities for Child	3			Any Electives	3
		Any Elective	2				
			16				16
FOURTH YEAR - SENIOR							
Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	495	Values in Human Thought	3	BIB		Bible	2
HEA	217	First Aid and CPR	3	KIN	420	Motor Learning	3
KIN	425	Org & Admin in Physical Ed	3	KIN	426	Adaptive Physical Educatio	3
		Any Electives	9			Any Upper Electives	6
				KIN/HEA		UPPER Elec. Rec KIN437	3
			18				17

¹Liberal Arts Core Requirement

²Liberal Arts Core Major Requirements in *Undergraduate Catalog*

³Course has prerequisite. See corresponding *Undergraduate Catalog*

ADDITIONAL ITEMS RELATED TO THE MAJOR

Suggested KIN electives (Spring only) - KIN221 - Protective Techniques of Athletic Injuries, KIN 330/331 - Advanced Athletic Training I/II, KIN437 - Exercise Testing and Prescription

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.