

COLLEGE OF ARTS AND SCIENCES

2025-2026 KINESIOLOGY BS/MS DEGREE PLAN - Emphasis: Health & 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	BIO	212	Human A & P II	4
BIO	211	Human A & P ²	4	HIS		History ¹	3
PEA	100	Lifetime Wellness	1	*MAT		College Algebra or Higher ²	3
COM	140	Speech Communication ¹	3	PEA	156	Weight training	1
			16				16

SECOND YEAR - SOPHOMORE

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Upper Division Bible	3	BIB		Bible	3
KIN	235	Fund of Sports Skills	3	KIN	328	Anatomical Kinesiology ³	3
KIN	327	Care and Prev. of Athletic I	3	HEA	216	Personal Health	3
HEA	121	Principles of Nutrition	3	BIO	115	Medical Terminology	1
PSY	210	General Psychology ²	3				
		Creative works:ART/ENG/MU	3			Any Electives	8
			18				18

THIRD YEAR - JUNIOR

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Upper Division Bible	3	BIB	346	Foundations of Faith ¹	3
KIN	338	Physiology of Exercise ³	3	KIN	320	Measurement & Eval in Phy	3
KIN	329	Biomechanics ³	3	KIN	420	Motor Learning	3
KIN	225	Physical Activities for Child	3	KIN/HEA/PEA		Elective: Recommend KIN225	4
		Upper Division Elective	3			Upper KIN Elec - Rec KIN 437	3
		Any Elective	3			Any Elective	2
			18				18

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		Upper Division Bible	3
HEA	217	First Aid and CPR	3	KIN	426	Adaptive Physical Educatio	3
KIN	425	Org & Admin in Physical Ed	3			Elective	3
EXS	501	Prin. Of Healthcare & Reha	3	EXS	504	Adv. Exercise Physiology	3
EXS	502	Human Functional Anatom	3	EXS	503	Applied Biomechanics	3
			15				15

FIFTH YEAR - MS (ES and Rehab)

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
EXS	505	Nutrition in Exercise	3			Electives - Any EXS or HAD	6
EXS	506	Research Methods	3			Capstone or Practicum	3
EXS	507	Psychology of Exercise	3				
		Elective - Any EXS	3				
			12				9

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

* MAT - Strongly recommend MAT 235 Introductory Statistics.

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

1. Plan schedules carefully. Plan to fulfill prerequisites for future courses.
2. academic adviser as not all classes are offered every semester.
3. 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.