

Degree Path: B.S. in Kinesiology

College of Health Sciences

Freshman Year

<u>Fall Semester</u>	<u>15 hours</u>
GES 1122	Strategies for Student Success ∞
COM 1143	Fundamentals of Speech
MTH 1123	College Algebra
ENG 1113	Composition and Rhetoric I
BIB 1223	The Church in Ministry and Mission
PED 1101-2291	(Activity Course option 1)

<u>Spring Semester</u>	<u>15 hours</u>
ENG 1123	Composition and Rhetoric (prereq: ENG 1113)
HIS 1113	American History I
BIO 1113	Biological Science
BIO 1111	Biological Science Lab
REL 1173	Introduction to Biblical Literature
PED 2232	Wellness and Lifestyle

Sophomore Year

<u>Fall Semester</u>	<u>16 hours</u>
PSY 1153	Introduction to Psychology
GOV 2213	National & State Government
BIO 2123	Human Anatomy & Physiology I ◇ =
BIO 2111	Human Anatomy- Physiology I - Lab ◇ =
BSM 2123	Introduction to Sport Mgmt
REL 1133	Authentic Christianity

<u>Spring Semester</u>	<u>16 hours</u>
ENG 2273/2233	(English/Lit option) ∞/◇
BIO 2124	Human Anatomy & Physiology II ◇ =
PED 2133	Intro to Kinesiology
PED 2123	Coaching Theory
THE 2113	Introduction to Theology and Apologetics

Junior Year

<u>Fall Semester</u>	<u>16 hours</u>
CHE 1114	Chemistry-Health Science w/ Lab ◇ =
BIO 2412	Medical Terminology ◇ =
PED 3143	Nutrition for Fitness & Sport
PED 3163	Motor Development and Learning
BIB 2213	Bible Study
PED 1101-2291	(Activity Course option 2)

<u>Spring Semester</u>	<u>16 hours</u>
PED 2221	Weight Training
PED 3173	Management in Health and Sport
PED 3153	Care & Prevention of Athletic Injury
PED 4123	Adapted Physical Activity
THE 2333	Pentecostal Doctrine and History

Senior Year

<u>Fall Semester</u>	<u>15 hours</u>
PSY 4123	Introduction to Sports Psychology
BSM 4133	Sport Law and Ethics
KIN 3293	Clinical Field Study I
PED 4113	Tests and Measurements
XXX XXX3	Elective

<u>Spring Semester</u>	<u>15 hours</u>
KIN 4113	Biomechanics
KIN 4143	Exercise Physiology
KIN 4593	Clinical Field Study II
XXX XXX3	Elective

Please Note:

- This plan is one example of how to complete the degree in 4 years. It assumes no transfer credit and no developmental coursework. It will work for some, but not for all.
- You can meet with your scheduler, program coordinator, or department chair to plan around your circumstances and develop your personal degree path. Degree requirements and offerings are subject to change, so consult advisors for on-going updates.
- Course Offering Codes:
 - ∞ every fall and spring semester
 - * only that semester in odd years
 - *** to be taken *only* in specified semester
 - ◇ every year only fall/spring/summer (as listed)
 - ** only that semester in even years
 - ∞/◇ offering differs in order listed

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OVERVIEW

The Bachelor of Science in Kinesiology provides inroads for graduates to pursuing para-health vocational fields, exercise science, coaching or sport management. In addition, the degree provides an opportunity to pursue graduate studies in athletic training, physical therapy, occupational therapy, sport management, and coaching. Degree recipients may pursue certifications in fitness and training from recognized associations such as National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS).

CAREER OPPORTUNITIES

Someone with a Kinesiology Degree can pursue careers in the following, athletic trainers, strength and conditioning coaches, sports management, exercise physiologists, and massage therapists. Can further go into the medical field physical therapy, occupational therapy, chiropractic, physical medicine.

PROGRAM HIGHLIGHTS

- Have the ability to utilize a Christian worldview and holistic perspective to practice ethical, collaborative service, while advocating for healthy, active lifestyles.
- Have knowledge basic and relative to human body function and movement.
- Utilize oral and written communication skills that meet appropriate professional scientific standards in Kinesiology.
- Evaluate human movement and physical activity and create exercise programs for diverse populations.
- Have a foundation and knowledge to pursue professional certification and/or be accepted to a graduate program.

PROGRAM REQUIREMENTS

GENERAL EDUCATION STUDIES 50 Hours

General Education: 14 hours

- ☐ COM 1143 Fundamentals of Speech Communication
- ☐ ENG 1113 Composition and Rhetoric I
- ☐ ENG 1123 Composition and Rhetoric II
- ☐ ENG 2273 Introduction to Literature
- ☐ GES 1122 Strategies for Student Success

Social/Behavioral Sciences: 9 hours

- ☐ GOV 2213 National and State Government
- ☐ HIS 1113 American History I
- ☐ PSY 1153 Introduction to Psychology

Natural Science/Mathematics: 6 hours

- ☐ 3 hours from the following:
BIO 1113 Biological Sciences OR
PHY 1113 Physical Science
- ☐ 3 hours from the following:
MTH 1113 College Mathematics OR
MTH 1123 College Algebra

Physical Education: 3 hours

- ☐ PED 2232 Wellness and Lifestyle
- ☐ 1 hour from Activity Courses PED 1101-2291

General Biblical Studies: 18 hours

- ☐ BIB 1223 The Church in Ministry and Mission
- ☐ BIB 2213 Bible Study
- ☐ REL 1133 Authentic Christianity
- ☐ REL 1173 Introduction to Biblical Literature
- ☐ THE 2113 Introduction to Theology and Apologetics
- ☐ THE 2333 Pentecostal Doctrine and History

MAJOR STUDIES 50 Hours

Core Studies: 32 hours

- ☐ BIO 2412 Medical Terminology
- ☐ BSM 4223 Sport Law and Ethics
- ☐ KIN 3293 Clinical Field Study I
- ☐ KIN 4113 Biomechanics
- ☐ KIN 4143 Exercise Physiology
- ☐ KIN 4593 Clinical Field Study II
- ☐ PED 2113 Introduction to Kinesiology
- ☐ PED 3143 Nutrition for Fitness and Sports
- ☐ PED 3153 Care and Prevention of Athletic Injuries
- ☐ PED 3163 Motor Development and Learning
- ☐ PED 4123 Adaptive Physical Activity

Professional Studies: 18 hours

- BIO 2124 Human Anatomy and Physiology II with Lab
- ☐ BSM 2113 Introduction to Sport Management
- ☐ PED 2123 Coaching Theory
- ☐ PED 2221 Weight Training
- ☐ PED 4113 Test and Measurements
- ☐ PSY 4123 Sport Psychology
- 1 hour from:
PED Activity Courses (1101- 2291)
PED 3000 Varsity Athletic Course

MINOR STUDIES/GENERAL ELECTIVES 20 Hours

Including at least six hours of upper level courses. May include official minors or purely elective hours.

- ☐ 20 hours of student's choice

TOTAL PROGRAM REQUIREMENTS 120 Hours