

## Sample Program of Study

### Bachelor of Science in Kinesiology-Health/Wellness Emphasis

**(B.S.) TOTAL = 120 hrs**

YEAR 1 - FALL		
BBL 1013	Old Testament Survey	3 cr
COR 1002	Gateway Seminar in Christian Scholarship	2 cr
EGL 1013	English I: Composition	3 cr
PSY 1013	Introductory Psychology	3 cr
HST 2013	Integrated Humanities I	3 cr
<b>TOTAL</b>		<b>14 CR</b>
YEAR 2 - FALL		
KIN 1002	Wellness for Life	2 cr
KIN 2012	First Aid, Safety, & CPR	2 cr
KIN 1021	Weight Training	1 cr
_____	Natural Science Elective	3 cr
_____	Intercultural Engagement Elective	3 cr
_____	Elective	3 cr
<b>TOTAL</b>		<b>14 CR</b>
YEAR 3 - FALL		
KIN 3353	Theory of Coaching †	3 cr
KIN 4443	Management in Health & Sport †	3 cr
KIN 3313	Exercise Prescription †	3 cr
KIN 3491	Kinesiology Internship	1 cr
_____	Elective	3 cr
_____	Elective	3 cr
<b>TOTAL</b>		<b>16 CR</b>
YEAR 4 - FALL		
BBL 2002	Essentials of Christian Formation	2 cr
KIN 3493	Kinesiology Internship	3 cr
_____	Elective	3 cr
_____	Elective	3 cr
_____	Elective	3 cr
<b>TOTAL</b>		<b>14 CR</b>

YEAR 1 - SPRING		
BBL 1023	New Testament Survey	3 cr
EGL 1023	English II: Literary Analysis and Research	3 cr
KIN 2123	Care of Athletic Injuries	3 cr
HST 2023	Integrated Humanities II	3 cr
_____	Mathematics Elective	3 cr
<b>TOTAL</b>		<b>15 CR</b>
YEAR 2 - SPRING		
BBL 2013	Essentials of Evangelical Theology	3 cr
KIN 2182	Medical Terminology	2 cr
_____	Natural Science Elective	3 cr
_____	Arts and Humanities Elective	3 cr
_____	Social and Behavioral Science Elective	3 cr
_____	Elective	3 cr
<b>TOTAL</b>		<b>17 CR</b>
YEAR 3 - SPRING		
KIN 3303	Nutrition for Health & Human Performance†	3 cr
KIN 3333	Sport & Exercise Psychology†	3 cr
KIN 4423	Biomechanics †	3 cr
_____	Elective	3 cr
_____	Elective	3 cr
<b>TOTAL</b>		<b>15 CR</b>
YEAR 4 - SPRING		
KIN 4433	Exercise Physiology†	3 cr
_____	Kinesiology Elective	3 cr
_____	Elective	3 cr
_____	Elective	3 cr
_____	Elective	3 cr
<b>TOTAL</b>		<b>15 CR</b>

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† Note: The order of alternate year courses will differ depending on whether a student begins his/her studies at JBU in an even or an odd year.

## Sample Program of Study

### Bachelor of Science in Kinesiology-Sports Medicine

**(B.S.) TOTAL = 120 hrs**

YEAR 1 - FALL			YEAR 1 - SPRING		
BBL 1013	Old Testament Survey	3 cr	BBL 1023	New Testament Survey	3 cr
COR 1002	Gateway Seminar	2 cr	EGL 1023	English II: Literary Analysis and Research	3 cr
EGL 1013	English I: Composition	3 cr	HST 2013	Integrated Humanities I	3 cr
PSY 1013	Introductory Psychology	3 cr	KIN 2123	Care of Athletic Injuries	3 cr
BIO 1124	Cell Biology	4 cr	_____	Mathematics Elective	3 cr
<b>TOTAL 15 CR</b>			<b>TOTAL 15 CR</b>		
YEAR 2 - FALL			YEAR 2 - SPRING		
KIN 1002	Wellness for Life	2 cr	CHM 1134	General Chemistry II	4 cr
KIN 2012	First Aid, Safety, & CPR	2 cr	BBL 2013	Essentials of Evangelical Theology	3 cr
CHM 1124	General Chemistry I	4 cr	_____	Arts and Humanities Elective	3 cr
HST 2023	Integrated Humanities II	3 cr	KIN 2182	Medical Terminology	2 cr
PSY 2383	Statistics for Behavioral Sciences	3 cr	KIN 4423	Biomechanics†	3 cr
_____	Elective	3 cr			
<b>TOTAL 17 CR</b>			<b>TOTAL 15 CR</b>		
YEAR 3 - FALL			YEAR 3 - SPRING		
BIO 2514	Anatomy & Physiology I	4 cr	BIO 2524	Anatomy & Physiology II	4 cr
KIN 3123	Injury Evaluation Lower Extremity†	3 cr	BBL 2002	Essentials of Christian Formation	2 cr
KIN 3483	Therapeutic Exercise & Modalities†	3 cr	KIN 3133	Injury Evaluation Upper Extremity†	3 cr
KIN 3493	Internship	3 cr	KIN 4433	Exercise Physiology†	3 cr
_____	Intercultural Engagement Elective	3 cr	_____	Elective	3 cr
<b>TOTAL 16 CR</b>			<b>TOTAL 15 CR</b>		
YEAR 4 - FALL			YEAR 4 - SPRING		
PHY 1114	Fundamentals of Physics I	4 cr	PHY 1124	Fundamentals of Physics II	4 cr
PSY 2413	Developmental Psychology	3 cr	KIN 3303	Nutrition for Health and Human Performance†	3 cr
KIN 3493	Kinesiology Internship	3 cr	_____	Elective	1 cr
KIN 4443	Management in Health & Sport†	3 cr	_____	Elective	3 cr
			_____	Elective	3 cr
<b>TOTAL 13 CR</b>			<b>TOTAL 14 CR</b>		

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