

Bachelors of Science (B.S.) in Kinesiology

Health and Fitness Emphasis

Sample plan Only

Year 1 FALL		
COR 1002	Gateway Seminar	2
EGL 1013	English I: Composition	3
BBL 1013	Old Testament Survey	3
BIO	Natural Science Elective *	3
BIO	Natural Science Lab Elective *	1
KIN 1002	Wellness for Life	2
KIN 1021	Wellness Activity	1
Total Credit Hours:		15
Year 2 FALL		
KIN 2153	Concepts of Structural Kinesiology	3
	Natural Science Elective	3
	Elective	1
HST 2013	Integrated Humanities II	3
PSY 1013	Intro to Psychology	3
KIN 2102	First Aid & CPR	2
Total Credit Hours:		15
Year 3 FALL		
KIN 3353	Theory of Coaching	3
	Intercultural Engagement Elective	3
PSY 2413	Developmental Psychology	3
KIN 3313	Exercise Prescription	3
	Elective	3
Total Credit Hours:		15
Year 4 FALL		
	Social and Behavioral Science Elective	3
	Elective	3
KIN 4423	Biomechanics	3
	Elective	3
	KIN Elective Upper-level	3
Total Credit Hours:		15

Year 1 SPRING		
EGL 1023	English II: Literary Analysis & Research	3
KIN 2123	Care of Athletic Injuries	3
HST 2013	Integrated Humanities I	3
BBL 1023	New Testament Survey	3
	Elective	3
Total Credit Hours:		15
Year 2 SPRING		
BBL 2013	Essentials of Evangelical Theology	3
	Elective	3
KIN 1021	Wellness Activity	1
	Arts and Humanities Elective	3
	Math Elective	3
KIN 2182	Medical Terminology	2
Total Credit Hours:		15
Year 3 SPRING		
KIN 3333	Sports & Exercise Psychology	3
BBL 2022	Essentials of Christian Formation	3
KIN 3263	Essentials of Strength and Conditioning	3
	Elective	3
KIN 3303	Nutrition for Health and Human Performance	3
Total Credit Hours:		15
Year 4 SPRING		
KIN 4443	Management in Health & Sport	3
KIN 4433	Exercise Physiology	3
	Elective	3
	Elective	3
KIN	KIN Elective Upper-level	3
Total Credit Hours:		15