

DEPARTMENT OF KINESIOLOGY

B.A. Kinesiology, Exercise Science

DEGREE DISTINCTION - B.A. - Foreign Language (6 sem.hrs., C or higher)
Must take consecutive courses such as FLAS 111/112 or FLAS 117/118

GENERAL EDUCATION (minimum of 33 hours)

- I. English Composition - 6 sem. hrs. (C or higher)
- II. Math - 3 sem.hrs.-MATH 110 or higher (C or higher) (113 suggested)
- III. Humanities - 6 sem.hrs.
- IV. Social and Behavioral Sciences - 6 sem. hrs. (ECON 201, 202 suggested)
- V. Fine Arts - 3 sem. hrs.
- VI. Natural Sciences - 6 sem. hrs. –1 lab required
- VII. Applied Studies - 3 sem. hrs. (STAT 214 suggested)

GRADUATION REQUIREMENT: Wellness Requirement - 3 sem. hrs.
KINE 100 Health and Wellness and two one-hour activity courses

REQUIRED CORE COURSES - 22 credits required

- BIOL 209 Human Anatomy & Physiology 3
- BIOL 209L Human Anatomy & Phys. Lab. 1
- KINE 200 Hist. & Phil. of Spt and PE 3
- KINE 213 Appl. Phys. Fitness & Ex. Pre. 3
- KINE 303 Exercise Physiology 3
- KINE 303L Exercise Physiology Lab 1
- KINE 309 Anatomical Kinesiology 3
- KINE 309L Ana. Kines. Lab 1
- KINE 401 Org./Ad./Legal of PE/Sports 3
- KINE 494 Senior Seminar (Capstone) 1
- Student must have current First Aid/CPR Card or take
KINE 265 First Aid/CPR for Prof. Rescuer 3
- or
KINE 250 Lifeguard Training 3

REQUIRED CONCENTRATION COURSES – 37-41 credits required

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| CHEM 131 General Chemistry | <u>Select two courses from the following:</u> |
| CHEM 131L General Chemistry Lab | CHEM 311* Organic Chemistry |
| KINE 234 Prevention and Care of Athletic Injuries | CHEM 311L* Organic Chemistry Lab |
| KINE 260 School and Personal Health | CHEM 312* Organic Chemistry |
| KINE 297 Practicum | CHEM 312L* Organic Chemistry Lab |
| KINE 301 Tests and Measurements in Sport and PE | BIOL 241 Pathological Physiology |
| KINE 404 Prep. for ACSM Health Fit. Instr. Certification | BIOL 341* General Physiology |
| KINE 405 Sports Nutrition | BIOL 341L* General Physiology Lab |
| KINE 480 Special Populations – Psychomotor Dis. & Impl. | KINE 415 Physical Activity and Aging |
| KINE 499 Internship | KINE 430 Medical Conditions and Pharmacology in Sports |
| | KINE 396/496 Topics (approved by department head) |
| | *Count lecture and lab as one course |

General Electives: 15-19 Semester Hours; additional upper division hours may be needed.

Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement. All degree requirements must be completed as described above. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.

Note: A total of 120 credit hours are required for this degree. As of July 2006, all academic courses within the Department of Kinesiology use the KINE prefix.

SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – EXERCISE SCIENCE

FRESHMAN YEAR

Fall Semester	Hours	Spring Semester	Hours
ENGL 111 English Composition	3	ENGL 112 English Composition	3
KINE 100 Health and Wellness	1	KINE 213 Appl. Of Phys. Fitness and Ex. Presc.	3
KINE 200 History and Philosophy of Sport and PE	3	MATH XXX Math Requirement	3
General Education Humanities	3	General Education Applied Studies	3
General Education Fine Arts	3	BIOL 209 Human Anatomy and Physiology	3
General Education Natural Science	<u>3</u>	BIOL 209L Human Anatomy and Physiology Lab	<u>1</u>
	16		16

SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234 Prevention and Care of Athletic Injuries	3	General Education Natural Science with Lab	3-4
KINE 260 School and Personal and Health	3	Degree Distinction (Foreign Language)	3
Degree Distinction (Foreign Language)	3	General Education Social/Behavioral Science	3
CHEM 131 General Chemistry	4	General Education Humanities	3
CHEM 131L General Chemistry Lab	1	KINA Activity	<u>1</u>
General Education Social/Behavioral Science	<u>3</u>		13-14
	17		

JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 303 Exercise Physiology	3	KINE 301 Tests and Measurements in Spt and PE	3
KINE 303L Exercise Physiology Lab	1	KINE/BIOL/CHEM Option	3-5
KINE 309 Anatomical Kinesiology	3	Electives or Minor	<u>6-8</u>
KINE 309L Anatomical Kinesiology Lab	1		14
KINA Activity	1		
Electives or Minor	<u>6</u>		
	15		

SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 297 Practicum	2	KINE 494 Senior Seminar	1
KINE 401 Org/Ad/Legal of PE/Sport	3	Minor/Electives	3
KINE 405 Sports Nutrition	3	KINE 404 ACSM HFI Cert.	3
KINE/BIOL/CHEM Option	3-5	KINE 480 Special Populations	3
Elective or Minor	<u>3-6</u>	KINE 499 Internship	<u>6</u>
	16-17		16