

YEAR ONE
FALL SEMESTER
SPRING SEMESTER

Course #	Course Name	Units	Course #	Course Name	Units
KINE 145C & 146C KINE 150 & 150L	Lifetime Fitness Lecture and Activity Biophysical Foundations of Kinesiology		BIOL 204C & 204CL KINE 185	Human Anatomy Psychological and Sociological Foundations of Kinesiology	
ENGL 120C	Persuasive Writing		THEO 101C/ THEO 103C	Foundations of Christian Life or Intro to Theology	
NT 101C	New Testament Survey		ANTH 102C, PSYC 103C or SOCI 100C	Social Science Requirement	
CORE 100C	Cornerstone		KINE 218	Injury Recognition & Management	
PSYC 103C/SOCI 100C	Social Science Requirement				
	TOTAL			TOTAL	

YEAR TWO
FALL SEMESTER
SPRING SEMESTER

Course #	Course Name	Units	Course #	Course Name	Units
BIOL 304 and 304L KINE 221	Human Physiology Movement Anatomy		HIST 203C	World Civilization I	
ENGL 220C	Researched Writing		PSYC 265C/ MATH 265	Intro to Statistics	
OT 201C	Old Testament Survey		KINE 242	Motor Behavior through the Lifespan	
HIST 156C/POLS 155C	US History or US Government		COMM 201C	Speech Composition and Presentation	
			KINE 329	Fitness Assessment & Ex. Prescription	
	TOTAL			TOTAL	

YEAR THREE
FALL SEMESTER
SPRING SEMESTER

Course #	Course Name	Units	Course #	Course Name	Units
KINE 333	Principles of Nutrition		FINA 215C	Intro to the Arts or Other Fine Arts Requirement	
THEO 300C	Developing a Christian Worldview		KINE 323	Exercise Physiology	
ENGL 230C	Literary Perspectives or Other Literature Requirement Electives		KINE 350	Internship *3	
			KINE 345	Sport Nutrition	
				Electives	
	TOTAL			TOTAL	

YEAR FOUR
FALL SEMESTER
SPRING SEMESTER

Course #	Course Name	Units	Course #	Course Name	Units
KINE 440	Research Statistics in Kinesiology		KINE 421	Biomechanics	
CHIS 400C	Christian Heritage		KINE 450C	KINE Senior Project Capstone	
KINE 395	ECG and Exercise Testing		KINE 430	Principles of Strength & Conditioning	
	Electives			Electives	
	TOTAL			TOTAL	

ELECTIVE LIST (*indicates proposed new courses to be implemented over the next 3 years)

Electives to be in even/odd year rotation

*KINE 2XX THEORY OF SPORT & FITNESS MANAGEMENT

*KINE 3XX FOUNDATIONS OF PUBLIC HEALTH IN KINESIOLOGY

*KINE 2XX KINE TEACHING WEIGHT TRAINING ACTIVITIES

*KINE 2XX TEACHING INDIVIDUAL AND GROUP FITNESS ACTIVITIES

*KINE 4XX EXERCISE METABOLISM: ROLE IN HEALTH AND DISEASE

*KINE 3XX PRINCIPLES AND APPLICATIONS OF EXERCISE REHABILITATION

*KINE 3XX MOTOR DEVELOPMENT AND FITNESS FOR INDIVIDUALS WITH DISABILITIES

*KINE 4XX ADVANCED EXERCISE TESTING & PRESCRIPTION

*indicate courses under development