

Kinesiology B.A.

Kinesiology Major

The Kinesiology major requires a minimum of 120 total hours to graduate. This total includes UNIFI/General Education requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program prepares students for careers in Kinesiology and Exercise Science* or further study related health care areas. To continue in the program and take 3000-level courses and above a student must have a C- or better in KINES 2050 Anatomy and Physiology of Human Movement. The student must maintain a cumulative 2.50 GPA in the major to graduate.¹

Required core:

AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 2053	Physical Activity and Nutrition	3
KINES 2056	Motor Learning and Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3151	Biomechanics	3
KINES 3153	Exercise Physiology	3
KINES 3154	Psychological Skills for Sport Participants	3
KINES 3156	Fitness Assessment and Exercise Prescription	3
KINES 3157	Sports Nutrition	3
Choose one of the following emphases:		15
Total Hours		44

Exercise Science Emphasis

Required:

KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3163	Career and Professional Development	3
Select 6 hours from the following:		6
KINES 2025	Conditioning Theory and Practice	
KINES 2062	Developmental Trends in Physical Activity & Sport	
KINES 3122	Sport Psychology	
KINES 3125	Introduction to Sport Administration	
KINES 3186 (Studies in, 3 hrs.)		
Select 3 hours from the following:		3
AT 3193	Research Experiences	

KINES 3192 Internship in Kinesiology

KINES 3193 Research Experiences

Pre-Health Emphasis

Required:

KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3163	Career and Professional Development	3
Select 6 hours from the following:		6
AT 3186 (Studies in, 3 hrs.)		
AT 3300	Gross Human Anatomy	
AT 4130	General Medical Conditions	
KINES 3160	Exercise for Clinical Populations	
KINES 4152	Adapted Physical Education	
Select 3 hours from the following:		3
AT 3193	Research Experiences	
KINES 3192	Internship in Kinesiology	
KINES 3193	Research Experiences	

Pre-Athletic Training Emphasis

AT 1010	Introduction to Athletic Training & Clinical Healthcare	3
AT 3020	Clinical & Gross Human Anatomy	3
AT 3040	Foundations of Orthopedic Injury Assessment & Pathology I	3
AT 4070	Foundations of Therapeutic Interventions & Rehabilitation	3
Select 3 hours from the following:		3
AT 2000	Clinical Healthcare Experience	
AT 3193	Research Experiences	
KINES 3193	Research Experiences	

* This major prepares students with a broad background in exercise science in the areas of individual and group exercise and fitness programs, strength and power development, coaching, youth sport, and sport psychology. This program is a common major students planning to attend graduate school in Health Care related fields such as Athletic Training, Chiropractic, Occupational Therapy, and Physical Therapy.

¹ To continue in the program and take 3000-level courses and above, a student must have a C- or better in KINES 2050 Anatomy and Physiology of Human Movement. A cumulative plan (major) GPA of 2.50 is required to do the culminating internship and to graduate.

Kinesiology B.A.

Four-Year Plan

Kinesiology: Exercise Science, B.A.

This is a sample plan of study with a suggested sequencing of classes for the major. University electives may be applied to earn additional academic majors, minors, or certificates. Students should regularly meet with their academic advisor to plan their specific semester schedule to include UNIFI/General Education program and/or university elective hours required.

Course	Title	Hour
Freshman		
Fall		
UNIFI/General Education or University Electives		15
Hours		15
Spring		
UNIFI/General Education or University Electives		15
Hours		15
Sophomore		
Fall		
KINES 2053	Physical Activity and Nutrition	3
UNIFI/General Education or University Electives		13
Hours		16
Spring		
KINES 2050	Anatomy and Physiology of Human Movement	3
UNIFI/General Education or University Electives		12
Hours		15
Junior		
Fall		
AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2056	Motor Learning and Development	3
Exercise Science Elective		3
UNIFI/General Education or University Electives		8
Hours		16
Spring		
KINES 3153	Exercise Physiology	3
KINES 3163	Career and Professional Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3154	Psychological Skills for Sport Participants	3
UNIFI/General Education or University Electives		4
Hours		16
Senior		
Fall		
KINES 3156	Fitness Assessment and Exercise Prescription	3
KINES 3151	Biomechanics	3
KINES 3157	Sports Nutrition	3
UNIFI/General Education or University Electives		6
Hours		15
Spring		
KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3197		3
Exercise Science Elective		3

UNIFI/General Education or University Electives	3
Hours	12
Total Hours	120

Kinesiology: Pre-Athletic Training, B.A.

This is a sample plan of study with a suggested sequencing of classes for the major. University electives may be applied to earn additional academic majors, minors, or certificates. Students should regularly meet with their academic advisor to plan their specific semester schedule to include UNIFI/General Education program and/or university elective hours required.

Course	Title	Hour
Freshman		
Fall		
UNIFI/General Education or University Electives		15
Hours		15
Spring		
UNIFI/General Education or University Electives		15
Hours		15
Sophomore		
Fall		
KINES 2053	Physical Activity and Nutrition	3
UNIFI/General Education or University Electives		12
Hours		15
Spring		
KINES 2050	Anatomy and Physiology of Human Movement	3
UNIFI/General Education or University Electives		12
Hours		15
Junior		
Fall		
AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2056	Motor Learning and Development	3
AT 3020	Clinical & Gross Human Anatomy	3
AT 1010	Introduction to Athletic Training & Clinical Healthcare	3
AT 2000	Clinical Healthcare Experience	1
UNIFI/General Education or University Electives		4
Hours		16
Spring		
KINES 3153	Exercise Physiology	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3154	Psychological Skills for Sport Participants	3
AT 2000	Clinical Healthcare Experience	1
UNIFI/General Education or University Electives		6
Hours		16
Senior		
Fall		
KINES 3156	Fitness Assessment and Exercise Prescription	3
KINES 3151	Biomechanics	3
KINES 3157	Sports Nutrition	3
AT 2000	Clinical Healthcare Experience	1

UNIFI/General Education or University Electives		6
Hours		16
Spring		
AT 3040	Foundations of Orthopedic Injury Assessment & Pathology I	3
AT 4070	Foundations of Therapeutic Interventions & Rehabilitation	3
UNIFI/General Education or University Electives		6
Hours		12
Total Hours		120

Kinesiology: Pre-Health, B.A.

This is a sample plan of study with a suggested sequencing of classes for the major. University electives may be applied to earn additional academic majors, minors, or certificates. Students should regularly meet with their academic advisor to plan their specific semester schedule to include UNIFI/General Education program and/or university elective hours required.

Course	Title	Hour
Freshman		
Fall		
UNIFI/General Education or University Electives		15
Hours		15
Spring		
UNIFI/General Education or University Electives		15
Hours		15
Sophomore		
Fall		
KINES 2053	Physical Activity and Nutrition	3
UNIFI/General Education or University Electives		13
Hours		16
Spring		
KINES 2050	Anatomy and Physiology of Human Movement	3
UNIFI/General Education or University Electives		12
Hours		15
Junior		
Fall		
AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2056	Motor Learning and Development	3
Pre-Health Elective		3
UNIFI/General Education or University Electives		8
Hours		16
Spring		
KINES 3153	Exercise Physiology	3
KINES 3163	Career and Professional Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3154	Psychological Skills for Sport Participants	3
UNIFI/General Education or University Electives		4
Hours		16
Senior		
Fall		
KINES 3156	Fitness Assessment and Exercise Prescription	3

KINES 3151	Biomechanics	3
KINES 3157	Sports Nutrition	3
UNIFI/General Education or University Electives		6
Hours		15
Spring		
KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3197		3
Pre-Health Elective		3
UNIFI/General Education or University Electives		3
Hours		12
Total Hours		120

Learning Outcomes

Kinesiology, B.A.

Outcome 1 - Program content Knowledge and Skills: Students can describe and apply concepts and principles of human movement.

Outcome 2 - Communication: Students can demonstrate effective verbal and written communication, as appropriate to Exercise Science.

Outcome 3 - Critical Thinking: Students can critically analyze and apply theory and human movement concepts to professional experiences.

Related Programs

- Physical Education - Teaching B.A.
- Strength and Conditioning Minor