



Department of Kinesiology

Bachelor of Arts in Kinesiology

Kinesiology Major

Concentration in Health and Fitness Promotion

B.A. Kinesiology Program Core Requirements (46 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
BIOL 205	Human Anatomy and Physiology I	4	F	
BIOL 206	Human Anatomy and Physiology II	4	SP	
KINS 277	Foundations of PE	2	F/SP	
KINS 280	Fitness & Recreation Programming & Delivery	4	F	
KINS 281	Sport Programming & Delivery	4	SP	
KINS 320	Nutrition, Health and Performance	4	F	
KINS 326	Adaptive Physical Activity	4	SP	
KINS 366	Health Psychology	4	F	
KINS 380	Exercise Physiology	4	F	
KINS 386	Social Psychology of Sport and Physical Activity	4	SP	
KINS 478	Motor Learning and Human Performance	4	F	
KINS 486	Applied Biomechanics and Kinesiology	4	SP	
Total Semester Hours		46		

Concentration in Health and Fitness Promotion (24 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS	Any 300-400 Level Class	4	F/SP	
KINS 324	Physical Activity & Lifespan	4	SP	
KINS 383	Exercise Testing and Prescription	4	J	
KINS 384	Foundations of Health and Fitness Promotion	4	F	
KINS 495	Internship (SR)	4	SP	
KINS 499	Capstone: Senior Seminar (SR)	4	SP	
Total Semester Hours		24		

~ ALL students must have current First Aid and CPR certification prior to internship



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****Four Year Plan**

Year	Fall	J-Term	Spring
1			
	<i>PSYC 101</i> Introduction to Psychology (4)		
	<i>WRIT 101</i> Writing Seminar (4)		<i>FI 190</i> Freshman Inquiry (4)
			KINS 277 Foundations of PE (2)
2			
	BIOL 205 Human Anatomy & Physiology I (4)		BIOL 206 Human Anatomy & Physiology II (4)
	KINS 280 Fitness & Rec Program & Delivery (4)		KINS 326 Adapted Physical Activity (4)
			KINS 281 Sport Programming & Delivery (4)
3			
	KINS 366 Health Psychology (4)	KINS 383 Exercise Testing & Prescription (4)	KINS 324 Physical Activity & Lifespan (4)
	KINS 380 Exercise Physiology (4)		KINS 486 Applied Biomechanics /Kinesiology (4)
	KINS 320 Nutrition, Health & Performance (4)		
4			
	KINS 384 Foundations of Health & Fitness Promotion (4)		KINS 386 Social Psychology of Physical Activity (4)
	KINS 478 Motor Learning & Human Performance (4)		KINS 300-400 Elective (4)
	KINS 495 Internship (SR) (4)		KINS 499 Capstone: Senior Seminar (SR) (4)

~ *Courses in italics represent a partial list of recommended General University Requirements*