



Department of Kinesiology
Bachelor of Arts in Kinesiology
Kinesiology Major

Concentration in Health and Fitness Education

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

Dept/No	Course Title & Prerequisite(s)	Credits	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 Education (20 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS 279*	Teaching Physical Activity	2	F	
KINS 322	Physical Education in Elementary School	2	SP	
KINS 360	Professional Practicum	4	F/SP	
KINS 395	Comprehensive School Health (KINS 320 & 366 pre-requisites)	4	SP	
KINS 495	Internship	4	SP	
KINS 499	Capstone	4	SP	

Total Semester Hours **20**



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****Four Year Plan**

Year	Fall	January	Spring
1			
	<i>PSYC 101 Introduction to Psychology (4)</i>	General Education Course (4)	KINS 277 Foundations Of Physical Education (2)
2			
	BIOL 205 Human Anatomy & Physiology I (4)	KINS 322 PE in Elementary School (2)	BIOL 206 Human Anatomy & Physiology II (4)
	KINS 280 Fitness & Rec Programming & Delivery (4)		KINS 281 Sport Programming & Delivery (4)
	KINS 366 Health Psychology (4)		KINS 326 Adapted Physical Activity (4)
	KINS 279 Teach Physical Activity* (2)		
3			
	KINS 320 Nutrition, Health & Performance 4)	General Education Course (4)	KINS 360 Practicum (2)
	KINS 380 Exercise Physiology (4)		KINS 486 Applied Biomechanics & Kinesiology (4)
	KINS 360 Practicum (2)		KINS 386 Social/Psychology of Sport & Physical Activity (4)
4			
	KINS 478 Motor Learning (4)	General Education (if needed)	KINS 495 Internship (4)
			KINS 395 Comprehensive School Health (4)
			KINS 499 Capstone (4)