

# KINESIOLOGY: EXERCISE SCIENCE & HEALTH OCCUPATIONS

The discipline of Kinesiology explores the art and science of human movement. In the Kinesiology program, students develop an appreciation of the human body and its tremendous potential, as well as an understanding of the relationship between positive lifestyle choices and long-term improvements in health and well-being. Students seeking a Bachelor's degree in Kinesiology will complete a program of study with course work in one of four emphases:

1. Exercise Science and Health Occupations
2. Health and Fitness
3. Sport Studies
4. Coaching

This emphasis area prepares students for careers in health, fitness, or wellness fields or as a pathway to graduate school. Students will study anatomy and physiology, biomechanics, and other aspects of movement science to learn practical application of movement and exercise prescription.

## General Education Requirements

Code	Title	Credits
<b>Written Communication</b>		
Select one of the following:		6.00
ENGL-101 & ENGL-102	COLLEGE WRITING and RESEARCH WRITING	
ENGL-109	COLLEGE WRITING AND RESEARCH	
<b>Oral Communication</b>		
Select one from the following:		3.00
COMM-101	PRINCIPLES OF SPEECH	
COMM-202	INTERPERSONAL COMMUNICATION	
COMM-203	SMALL GROUP COMMUNICATION	
COMM-204	PUBLIC SPEAKING	
<b>Mathematical Ways of Knowing</b>		
Select one of the following:		3.00
MATH-123	MATHEMATICS AS A LIBERAL ART	
MATH-130	FINITE MATHEMATICS	
MATH-147	PRECALCULUS (or MATH-147A & MATH-147B)	
MATH-153	STATISTICAL REASONING	
MATH-170	CALCULUS I	
MATH-253	STATISTICAL METHODS FOR THE SCIENCES	
MATH-257	FOUNDATION OF ELEMENTARY MATHEMATICS II	
MTHPT-130	MATH FOR BUSINESS ANALYSIS	
MTHPT-137	MATH FOR TECHNOLOGY	
MTHPT-153	STATISTICAL REASONING	
<b>Humanistic &amp; Artistic Ways of Knowing</b>		
Select one of the following:		3.00
ENGL-150	INTRODUCTION TO LITERATURE	
ENGL-257	WORLD CLASSICS	
ENGL-258	INTERNATIONAL LITERATURE	
Select one of the following:		3.00
ART-100	SURVEY OF ART	
HUM-101	THE ART AND HISTORY OF THE MOTION PICTURE	
HUM-150	INTRODUCTION TO THE ARTS	
MUS-101	SURVEY OF MUSIC	
MUS-102	MUSIC IN AMERICA	
MUS-150	WORLD MUSIC	
MUS-151	HISTORY OF MUSICAL THEATER	
THEA-101	SURVEY OF THE THEATER	

**Scientific Ways of Knowing**

BIOL-252	HUMAN ANATOMY AND PHYSIOLOGY I	4.00
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Select one of the following:		4.00
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CHEM-105	GENERAL, ORGANIC AND BIOCHEMISTRY
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CHEM-111	PRINCIPLES OF CHEMISTRY I
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**Social & Behavioral Ways of Knowing**

Select one course from two disciplines:		6.00
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ANTH-102	CULTURAL ANTHROPOLOGY
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ANTH-120	WORLD PREHISTORY
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ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES
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ECON-201	PRINCIPLES AND THEORY OF MACROECONOMICS
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ECON-202	PRINCIPLES AND THEORY OF MICROECONOMICS
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GEOG-102	INTRODUCTION TO GEOGRAPHY
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HIST-101	HISTORY OF CIVILIZATION
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HIST-102	HISTORY OF CIVILIZATION
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HIST-111	UNITED STATES HISTORY TO 1865
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HIST-112	UNITED STATES HISTORY SINCE 1865
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HRPT-184	DIVERSITY IN ORGANIZATIONS
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HRPT-185	HUMAN RELATIONS IN ORGANIZATIONS
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POLS-101	AMERICAN NATIONAL GOVERNMENT
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POLS-237	INTERNATIONAL POLITICS
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POLS-285	COMPARATIVE GOVERNMENT
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PSYC-101	INTRODUCTION TO PSYCHOLOGY
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PSYC-205	DEVELOPMENTAL PSYCHOLOGY
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SOC-101	INTRODUCTION TO SOCIOLOGY
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SOC-102	CURRENT SOCIAL PROBLEMS
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SS-184	DIVERSITY IN ORGANIZATIONS
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SS-185	HUMAN RELATIONS IN ORGANIZATIONS
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**Diversity**

Select one of the following:		3.00
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ANTH-102	CULTURAL ANTHROPOLOGY
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ANTH-120	WORLD PREHISTORY
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ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES
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ANTH-360	RACE AND ETHNICITY
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COMM-345	COMMUNICATION AND DIVERSITY
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ENGL-258	INTERNATIONAL LITERATURE
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ENGL-474	NATIVE AMERICAN WRITTEN LITERATURE
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GEOG-102	INTRODUCTION TO GEOGRAPHY
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HIST-101	HISTORY OF CIVILIZATION
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HIST-102	HISTORY OF CIVILIZATION
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HIST-111	UNITED STATES HISTORY TO 1865
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HIST-112	UNITED STATES HISTORY SINCE 1865
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HRPT-184	DIVERSITY IN ORGANIZATIONS
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KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS
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NP-101	ELEMENTARY NEZ PERCE LANGUAGE I
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NP-102	ELEMENTARY NEZ PERCE LANGUAGE II
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POLS-285	COMPARATIVE GOVERNMENT
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SOC-101	INTRODUCTION TO SOCIOLOGY
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SPAN-101	BEGINNING SPANISH I
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SPAN-102	BEGINNING SPANISH II
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SPAN-201	INTERMEDIATE SPANISH I
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SPAN-202	INTERMEDIATE SPANISH II
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**Integrative Seminar: Ethics & Values**

Select one of the following:	3.00
ID 300A - 300Z (see course descriptions for options)	
ID-301A                      HELLS CANYON INSTITUTE	

**Foreign/Heritage Language**

Select 16 credits of language if selecting Bachelor of Arts Degree	16.00
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Total Credits	38.00
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**Program Requirements**

Code	Title	Credits
<b>Kinesiology Core</b>		
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-272	FITNESS AND WELLNESS	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00
KIN-498	SENIOR RESEARCH PROJECT I	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
Select three of the following:		3.00
KIN-261	SKILL AND ANALYSIS: COURT SPORTS	
KIN-262	SKILL AND ANALYSIS: FIELD SPORTS	
KIN-267	SKILL/ANALYSIS: STRENGTH DEVELOPMENT	
KIN-268	SKILL AND ANALYSIS: CORE AND FLEXIBILITY	
KIN-269	SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV	
Select one of the following:		3.00
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	
KIN-425	ETHICAL DECISION-MAKING SPORT LEADERS	
Select two of the following:		2.00
HLTH-246	HUMAN SEXUALITY	
HLTH-247	STRESS MANAGEMENT	
HLTH-248	BEHAVIOR CHANGE	
<b>Emphasis Courses</b>		
HLTH-253	NUTRITION	3.00
KIN-248	SPORTS MEDICINE	3.00
KIN-362	BIOMECHANICS	3.00
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
Select 8 credits from the following:		8.00
HLTH-248	BEHAVIOR CHANGE	
HLTH-343	SPORT NUTRITION	
HLTH-453	HEALTH PROMOTION	
HLTH-454	WELLNESS COACHING	
KIN-411	EXERCISE PSYCHOLOGY	
KIN-435	AGING AND PHYSICAL ACTIVITY	
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	
KIN-467	PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS	
<b>Electives</b>		

Select 24 elective credits	24.00
Total Credits	82.00

## Sequential Plan of Study

Course	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
CORE	Mathematical Ways of Knowing	3.00
CORE	Oral Communication	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
ENGL-101	COLLEGE WRITING	3.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-272	FITNESS AND WELLNESS	3.00
	Credits	16.00
<b>Spring</b>		
CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
ENGL-102	RESEARCH WRITING	3.00
HLTH-253	NUTRITION	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Elective	Elective Credits	3.00
	Credits	16.00
<b>Second Year</b>		
<b>Fall</b>		
BIOL-252	HUMAN ANATOMY AND PHYSIOLOGY I	4.00
CORE	Diversity	3.00
CORE	Humanistic & Artistic Ways of Knowing	3.00
Program Requirement	HLTH-246, HLTH-247 or HLTH-248	1.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Elective	Elective Credits	4.00
	Credits	16.00
<b>Spring</b>		
CHEM-105 or CHEM-111	GENERAL, ORGANIC AND BIOCHEMISTRY or PRINCIPLES OF CHEMISTRY I	4.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
KIN-248	SPORTS MEDICINE	3.00
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
	Credits	15.00
<b>Third Year</b>		
<b>Fall</b>		
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	3.00
KIN-362	BIOMECHANICS	3.00
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00
Program Requirement	HLTH-246, HLTH-247 or HLTH-248	1.00
Program Requirement	Select KIN Selective course	3.00
Elective	Elective Credits	3.00
	Credits	16.00
<b>Spring</b>		
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00

KIN-434	EXERCISE PRESCRIPTION	3.00
Program Requirement	Select KIN Selective course	3.00
Elective	Elective Credits	3.00
Elective	Elective Credits	2.00
	Credits	17.00
<b>Fourth Year</b>		
<b>Fall</b>		
CORE	Integrative Seminar: Ethics & Values	3.00
KIN-498	SENIOR RESEARCH PROJECT I	3.00
Program Requirement	Select KIN Selective course	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Elective	Elective Credits	2.00
	Credits	12.00
<b>Spring</b>		
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
Elective	Elective Credits	3.00
Elective	Elective Credits	3.00
	Credits	12.00
	Total Credits	120.00

Graduates with a BA/BS in Kinesiology (<https://www.candidcareer.com/video-fitness+professional,6a72fc99598bbc1e33ae,LCSC>) go on to obtain careers in a variety of fields:

- Physical Education
- Sport Management
- Exercise and Health Psychology
- Wellness Coaching
- Athletic Training
- Coaching
- Recreation

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