

# KINESIOLOGY: HEALTH & FITNESS

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 wellness coaching and the fitness industry. Students will learn knowledge and practical skills required to help individuals engage in healthy behavior practices in all components of wellness throughout the lifespan.

## General Education Requirements

Code	Title	Credits
<b>Written Communication</b>		
Select one of the following:		6.00
ENGL-101 & ENGL-102	WRITING AND RHETORIC I and WRITING AND RHETORIC II	
ENGL-109	COLLEGE WRITING AND RESEARCH	
<b>Oral Communication</b>		
Select one from the following:		3.00
COMM-101	FUNDAMENTALS OF ORAL COMMUNICATION	
COMM-203	SMALL GROUP COMMUNICATION	
COMM-204	PUBLIC SPEAKING	
<b>Mathematical Ways of Knowing</b>		
Select one of the following:		3.00-5.00
MATH-123	MATH IN MODERN SOCIETY	
MATH-130	FINITE MATHEMATICS	
MATH-143	COLLEGE ALGEBRA	
MATH-147	COLLEGE ALGEBRA AND TRIGONOMETRY	
MATH-153	STATISTICAL REASONING	
MATH-170	CALCULUS I	
MATH-253	STATISTICAL METHODS FOR THE SCIENCES	
MATH-257	MATHEMATICS FOR ELEMENTARY TEACHERS II	
MTHPT-130	FINITE MATHEMATICS	
MTHPT-137	MATH FOR TECHNOLOGY	
MTHPT-153	STATISTICAL REASONING	
<b>Humanistic &amp; Artistic Ways of Knowing</b>		
Select one course from two categories:		6.00-8.00
<b>Literature</b>		
ENGL-175	LITERATURE AND IDEAS	
ENGL-257	WORLD CLASSICS	
ENGL-258	INTERNATIONAL LITERATURE	
ENGL-261	MYTHOLOGIES	
<b>Arts</b>		
ART-100	INTRODUCTION TO 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	
<b>Language</b>		
NP-101	ELEMENTARY NEZ PERCE LANGUAGE I	
NP-102	ELEMENTARY NEZ PERCE LANGUAGE II	
SPAN-101	ELEMENTARY SPANISH I	
SPAN-102	ELEMENTARY SPANISH II	
<b>Scientific Ways of Knowing</b>		
Select one from the following:		4.00
BIOL-175	HUMAN BIOLOGY	
BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I	
Select one additional course		3.00-4.00
CHEM-100	CONCEPTS OF CHEMISTRY	
CHEM-105	GENERAL, ORGANIC AND BIOCHEMISTRY	
CHEM-111	PRINCIPLES OF CHEMISTRY I	
CS-108	INTRODUCTION TO COMPUTER SCIENCE	
FSCI-101	INTRODUCTION TO FORENSIC SCIENCE	
GEOL-101	PHYSICAL GEOLOGY	
GEOL-120	INTRODUCTION TO EARTH SYSTEMS	
GIS-271	GEOGRAPHIC INFORMATION SYSTEMS	
ID-240	INTEGRATED SCIENCE II	
NS-140	INTEGRATED SCIENCE I	
NS-150	INTRODUCTION TO NATURAL SCIENCES <sup>1</sup>	
NS-174	NATURAL SCIENCE FOR ELEMENTARY EDUCATOR	
PHYS-111	GENERAL PHYSICS I	
or PHYS-112	GENERAL PHYSICS II	
PHYS-171	PHYS SCIENCES FOR ELEMENTARY EDUCATORS	
PHYS-205	DESCRIPTIVE ASTRONOMY	
PHYS-211	ENGINEERING PHYSICS I	
<b>Social &amp; Behavioral Ways of Knowing</b>		
Select one course from two disciplines:		6.00
ANTH-102	CULTURAL ANTHROPOLOGY	
ANTH-120	WORLD PREHISTORY	
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES	
ECON-201	PRINCIPLES OF MACROECONOMICS	
ECON-202	PRINCIPLES OF MICROECONOMICS	
GEOG-102	INTRODUCTION TO GEOGRAPHY	
HIST-101	WORLD HISTORY I	
HIST-102	WORLD HISTORY II	
HIST-111	UNITED STATES HISTORY I	
HIST-112	UNITED STATES HISTORY II	
HRPT-184	DIVERSITY IN ORGANIZATIONS	
HRPT-185	HUMAN RELATIONS IN ORGANIZATIONS	
POLS-101	AMERICAN NATIONAL GOVERNMENT	
POLS-237	INTERNATIONAL POLITICS	
POLS-285	COMPARATIVE GOVERNMENT	
PSYC-101	INTRODUCTION TO GENERAL PSYCHOLOGY	
PSYC-205	LIFESPAN DEVELOPMENTAL PSYCHOLOGY	
SOC-101	INTRODUCTION TO SOCIOLOGY	
SOC-102	SOCIAL PROBLEMS	
SS-184	DIVERSITY IN ORGANIZATIONS	
SS-185	HUMAN RELATIONS IN ORGANIZATIONS	

**Diversity**

Select one of the following: 3.00-4.00

ANTH-102	CULTURAL ANTHROPOLOGY
ANTH-120	WORLD PREHISTORY
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES
ANTH-360	RACE AND ETHNICITY
COMM-345	COMMUNICATION AND DIVERSITY
ENGL-258	INTERNATIONAL LITERATURE
ENGL-474	NATIVE AMERICAN WRITTEN LITERATURE
GEOG-102	INTRODUCTION TO GEOGRAPHY
HIST-101	WORLD HISTORY I
HIST-102	WORLD HISTORY II
HIST-111	UNITED STATES HISTORY I
HIST-112	UNITED STATES HISTORY II
HRPT-184	DIVERSITY IN ORGANIZATIONS
ID-300C	ETHICS AND IDENTITY
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS
NP-101	ELEMENTARY NEZ PERCE LANGUAGE I
NP-102	ELEMENTARY NEZ PERCE LANGUAGE II
POLS-285	COMPARATIVE GOVERNMENT
SOC-101	INTRODUCTION TO SOCIOLOGY
SPAN-101	ELEMENTARY SPANISH I
SPAN-102	ELEMENTARY SPANISH II
SPAN-201	INTERMEDIATE SPANISH I
SPAN-202	INTERMEDIATE SPANISH II
SS-184	DIVERSITY IN ORGANIZATIONS

**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

**Total Credits 37.00-43.00****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-248	BEHAVIOR CHANGE	1.00
HLTH-253	NUTRITION	3.00
HLTH-343	SPORT NUTRITION	3.00
HLTH-453	HEALTH PROMOTION	3.00
HLTH-454	WELLNESS COACHING	2.00
KIN-248	SPORTS MEDICINE	3.00
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-435	AGING AND PHYSICAL ACTIVITY	3.00
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	3.00
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
Select one of the following:		3.00
HLTH-342	COMMUNITY HEALTH	
KIN-411	EXERCISE PSYCHOLOGY	
KIN-467	PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS	
<b>Electives</b>		
Select 18 elective credits		18.00
<b>Total Credits</b>		<b>83.00</b>

## 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
ENGL-101	WRITING AND RHETORIC I	3.00
HLTH-248	BEHAVIOR CHANGE	1.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-272	FITNESS AND WELLNESS	3.00
<b>Credits</b>		<b>14.00</b>
<b>Spring</b>		
CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
ENGL-102	WRITING AND RHETORIC II	3.00
HLTH-253	NUTRITION	3.00
HLTH-343	SPORT NUTRITION	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
<b>Credits</b>		<b>16.00</b>
<b>Second Year</b>		
<b>Fall</b>		
BIOL-175 or BIOL-227	HUMAN BIOLOGY or HUMAN ANATOMY AND PHYSIOLOGY I	4.00
CORE	Diversity	3.00

CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Scientific Ways of Knowing	3.00
HLTH-246	HUMAN SEXUALITY	1.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
<b>Credits</b>		<b>15.00</b>
<b>Spring</b>		
CORE	Social & Behavioral Ways of Knowing	3.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
KIN-248	SPORTS MEDICINE	3.00
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
<b>Credits</b>		<b>14.00</b>
<b>Third Year</b>		
<b>Fall</b>		
HLTH-247	STRESS MANAGEMENT	1.00
HLTH-453	HEALTH PROMOTION	3.00
HLTH-454	WELLNESS COACHING	2.00
KIN-220 or KIN-425	SOCIAL-CULTURAL ASPECTS OF SPORTS or ETHICAL DECISION-MAKING SPORT LEADERS	3.00
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00
Elective	Elective Credits	3.00
<b>Credits</b>		<b>15.00</b>
<b>Spring</b>		
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-435	AGING AND PHYSICAL ACTIVITY	3.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
Elective	Elective Credits	3.00
<b>Credits</b>		<b>15.00</b>
<b>Fourth Year</b>		
<b>Fall</b>		
CORE	Integrative Seminar: Ethics & Values	3.00
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	3.00
KIN-498	SENIOR RESEARCH PROJECT I	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Elective	Elective Credits	3.00
Elective	Elective Credits	3.00
<b>Credits</b>		<b>16.00</b>
<b>Spring</b>		
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
Program Requirements	HLTH-342, KIN-411 or KIN-467	3.00
Elective	Elective Credits	3.00
Elective	Elective Credits	3.00
<b>Credits</b>		<b>15.00</b>
<b>Total Credits</b>		<b>120.00</b>

Graduates with a BA/BS in Kinesiology 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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