

KINESIOLOGY BA/BS

Kinesiology is an exploration of the art and science of human movement. Students in this program develop a deep appreciation for the human body, its remarkable potential, and the connection between lifestyle choices and lifelong health and well-being.

The Kinesiology major offers a strong foundation in health, fitness, and coaching. Students may focus their studies on exercise or sport through suggested electives, or tailor their coursework to match their individual interests and career goals. Common exercise-related careers include personal trainer, wellness coach, fitness instructor, and occupational therapist. Common sport-related careers include coach and athletic director.

The curriculum integrates scientific knowledge with practical application, preparing students to think critically about movement, health, and human performance. Hands-on experience is built into the program through community-based internships, while senior capstone courses provide opportunities to strengthen research skills.

Graduates are well prepared for careers in sport, fitness, health, and wellness, or may continue on to advanced study in graduate programs such as the Master of Science in Athletic Training (MSAT). With both online and in-person options, the program is designed for flexibility and accessibility, allowing students to align their degree with their personal and professional aspirations.

General Education

Code	Title	Credits
Written Communication		
Take 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	
Oral Communication		
Take one of the following:		3.00
COMM-101	FUNDAMENTALS OF ORAL COMMUNICATION	
COMM-203	SMALL GROUP COMMUNICATION	
COMM-204	PUBLIC SPEAKING	
Mathematical Ways of Knowing		
Select one of the following:		3.00
CS-108	INTRODUCTION TO COMPUTER SCIENCE	
MATH-123	MATH IN MODERN SOCIETY	
MATH-130	FINITE MATHEMATICS	
MATH-137	ALGEBRA, TRIG AND STAT WITH APPLICATION	
MATH-140	ALGEBRAIC REASONING AND PROBLEM-SOLVING	
MATH-143	PRECALCULUS I: ALGEBRA	
MATH-147	PRECALCULUS	
MATH-153	STATISTICAL REASONING	
MATH-160	BRIEF CALCULUS	
MATH-170	CALCULUS I	
MATH-254	STATISTICAL METHODS	
MATH-257	MATHEMATICS FOR ELEMENTARY TEACHERS II	
MTHPT-130	FINITE MATHEMATICS	
MTHPT-137	MATH FOR TECHNOLOGY	
MTHPT-153	STATISTICAL REASONING	
Humanistic & Artistic Ways of Knowing		
Select two courses from two different categories (Literature, Arts, Language):		6.00-7.00
Literature		
ENGL-175	LITERATURE AND IDEAS	
ENGL-257	WORLD CLASSICS	
ENGL-258	INTERNATIONAL LITERATURE (*)	
ENGL-260	NATIVE AMERICAN LITERATURE (*)	
ENGL-261	MYTHOLOGIES	
Arts		

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
MUS-152	HISTORY OF JAZZ AND POPULAR MUSIC STYLES
THEA-101	SURVEY OF THE THEATER
Language	
NP-101	NEZ PERCE LANGUAGE AND CULTURE (*)
NP-102	NEZ PERCE LANGUAGE AND HISTORY (*)
SPAN-101	ELEMENTARY SPANISH I (*)
SPAN-102	ELEMENTARY SPANISH II (*)
Scientific Ways of Knowing	
Select one of the following:	
4.00	
BIOL-175	HUMAN BIOLOGY
BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I
Select one of the following:	
3.00-4.00	
CHEM-100	CONCEPTS OF CHEMISTRY
CHEM-105	GENERAL, ORGANIC AND BIOCHEMISTRY
CHEM-111	PRINCIPLES OF CHEMISTRY I
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
NS-174	NATURAL SCIENCE FOR ELEMENTARY EDUCATOR
PHYS-111	GENERAL PHYSICS I
PHYS-112	GENERAL PHYSICS II
PHYS-171	PHYS SCIENCES FOR ELEMENTARY EDUCATORS
PHYS-205	DESCRIPTIVE ASTRONOMY
PHYS-211	PHYSICS FOR SCIENTISTS AND ENGINEERS I
Social & Behavioral Ways of Knowing	
Select two courses from two different 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/SS-184	DIVERSITY IN ORGANIZATIONS (*)
HRPT/SS-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

Global Perspectives

Select one of the following: 3.00

Courses above designated with an asterisk (*) are eligible to fulfill the Global Perspectives requirement. Please note that an asterisked course may not be used to satisfy more than one core requirement.

ANTH-360	RACE AND ETHNICITY
COMM-345	INTERCULTURAL COMMUNICATION
ENGL-474	NATIVE AMERICAN WRITTEN LITERATURE
ID-300C	ETHICS AND IDENTITY
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS
SPAN-201	INTERMEDIATE SPANISH I
SPAN-202	INTERMEDIATE SPANISH II

Integrative Seminar Ethics/Values:

Select one of the following: 3.00

ID-300A	ANIMALS AND SOCIETY
ID-300B	ART AND CENSORSHIP
ID-300D	ETHICS AND ECOLOGY
ID-300E	ETHICS AND TECHNOLOGY
ID-300F	GENDER AND CULTURE
ID-300G	HEALTH INTEGRATIVE SEMINAR
ID-300H	LAW AND SOCIETY
ID-300J	TERRORISM CONTEMPORARY ERA
ID-300K	VALUES AND SPORTS
ID-300L	VIETNAM
ID-300M	VULNERABLE POPULATIONS
ID-300N	WILDERNESS
ID-300P	DISEASES AND SOCIETY
ID-300Q	ECONOMICS OF GOOD AND EVIL
ID-300R	LEADERSHIP AND ETHICS
ID-300S	NORTHWEST CULTURE/HISTORY/LITERATURE
ID-300T	PROPAGANDA
ID-300U	WOMEN IN THE 20TH CENTURY
ID-300V	GANDHIAN ETHICS AND VALUES
ID-300W	ETHICS OF FOOD AND AGRICULTURE
ID-300X	ETHICS: CIVIL RIGHTS MOVEMENTS
ID-300Y	SALMON RIVER GEOLOGY, BIOLOGY, HUMAN HISTORY
ID-300Z	HAPPINESS
ID-301A	HELLS CANYON INSTITUTE

Total Credits 37.00-39.00

Program Requirements

Code	Title	Credits
Take all of the following:		
HLTH-249	HEALTH THROUGH THE LIFESPAN	3.00
HLTH-253	NUTRITION	3.00
HLTH-272 or KIN-272	FITNESS AND WELLNESS	3.00
HLTH-342	COMMUNITY HEALTH	3.00
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00

HLTH-354	ADDICTION AND PERFORMANCE	2.00
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	3.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-271	SKILL ANALYSIS: KINESIOLOGY	3.00
KIN-352	YOUTH SPORTS AND RECREATION	3.00
KIN-362	BIOMECHANICS	3.00
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
KIN-412	SPORT & EXERCISE PSYCHOLOGY	3.00
KIN-425	ETHICAL DECISION-MAKING SPORT LEADERS	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-435	AGING AND PHYSICAL ACTIVITY	3.00
KIN-467	PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS	3.00
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-498	SENIOR RESEARCH PROJECT I	3.00
KIN-499	SENIOR CAPSTONE	3.00

Take 14-20 general elective credits 14.00-20.00

Suggested electives for those interested in exercise science:

HLTH-343	SPORT NUTRITION
HLTH-454	WELLNESS COACHING
KIN-248	SPORTS MEDICINE
KIN-269	SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES
KIN-365	CLINICAL EXERCISE PHYSIOLOGY & PRESCRIPTION
KIN-455	MARKETING & ADVERTISING SPT & EXRS PROF

Suggested electives for those interested in sport studies:

KIN-241	SPORTS OFFICIATING
KIN-269	SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV
KIN-340	ADVANCED COACHING THEORY
KIN-341	TECHNIQUES AND METHODS OF COACHING BASKETBALL
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES
KIN-455	MARKETING & ADVERTISING SPT & EXRS PROF
KIN-484	COMMUNITY RELATIONS IN SPORT
KIN-487	SPORT ADMINISTRATION
KIN-488	SPORT FACILITIES AND EVENT MANAGEMENT

Total Credits 77.00-83.00

Coaching
 Personal training
 Wellness coordinators
 Recreation directors
 Athletic Training