

# 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<br>& ENGL-102                                                         | WRITING AND RHETORIC I<br>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 |
| CS-108                                                                         | INTRODUCTION TO COMPUTER SCIENCE                      |           |
| MATH-123                                                                       | MATH IN MODERN SOCIETY                                |           |
| MATH-140                                                                       | ALGEBRAIC REASONING AND PROBLEM-SOLVING               |           |
| MATH-143                                                                       | PRECALCULUS I: ALGEBRA                                |           |
| MATH-147                                                                       | PRECALCULUS                                           |           |
| 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 two courses from two different categories (Literature, Arts, Language): |                                                       | 6.00-7.00 |
| <b>Literature</b>                                                              |                                                       |           |
| ENGL-175                                                                       | LITERATURE AND IDEAS                                  |           |
| ENGL-257                                                                       | WORLD CLASSICS                                        |           |
| ENGL-258                                                                       | INTERNATIONAL LITERATURE                              |           |
| ENGL-260                                                                       | NATIVE AMERICAN 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                                         | NEZ PERCE LANGUAGE AND CULTURE          |           |
| NP-102                                         | NEZ PERCE LANGUAGE AND HISTORY          |           |
| SPAN-101                                       | ELEMENTARY SPANISH I                    |           |
| SPAN-102                                       | ELEMENTARY SPANISH II                   |           |
| <b>Scientific Ways of Knowing</b>              |                                         |           |
| BIOL-227                                       | HUMAN ANATOMY AND PHYSIOLOGY I          | 4.00      |
| Select one of the following:                   |                                         | 4.00      |
| CHEM-105                                       | GENERAL, ORGANIC AND BIOCHEMISTRY       |           |
| CHEM-111                                       | PRINCIPLES OF CHEMISTRY 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        |           |
| <b>Global Perspectives</b>                     |                                         |           |
| 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                                       | INTERCULTURAL COMMUNICATION             |           |
| 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                                                             | NEZ PERCE LANGUAGE AND CULTURE    |                    |
| NP-102                                                             | NEZ PERCE LANGUAGE AND HISTORY    |                    |
| 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        |                    |
| <b>Integrative Seminar: Ethics &amp; Values</b>                    |                                   |                    |
| Select one of the following:                                       |                                   | 3.00               |
| ID 300A - 300Z (see course descriptions for options)               |                                   |                    |
| ID-301A                                                            | HELLS CANYON INSTITUTE            |                    |
| <b>Foreign/Heritage Language</b>                                   |                                   |                    |
| Select 16 credits of language if selecting Bachelor of Arts Degree |                                   | 16.00              |
| <b>Total Credits</b>                                               |                                   | <b>38.00-42.00</b> |

## Program Requirements

| Code                                 | Title                                                                                | Credits |
|--------------------------------------|--------------------------------------------------------------------------------------|---------|
| <b>Kinesiology Core</b>              |                                                                                      |         |
| HLTH-249                             | HEALTH THROUGH THE LIFESPAN                                                          | 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-272                              | FITNESS AND WELLNESS                                                                 | 3.00    |
| or HLTH-272                          | FITNESS AND WELLNESS                                                                 |         |
| KIN-370                              | MOTOR LEARNING/MOTOR DEVELOPMENT                                                     | 3.00    |
| KIN-425                              | ETHICAL DECISION-MAKING SPORT LEADERS                                                | 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                              | SENIOR CAPSTONE                                                                      | 3.00    |
| <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-343                             | SPORT NUTRITION                                                                      |         |
| HLTH-454                             | WELLNESS COACHING                                                                    |         |
| KIN-412                              | SPORT & EXERCISE PSYCHOLOGY                                                          |         |
| KIN-435                              | AGING AND PHYSICAL ACTIVITY                                                          |         |
| KIN-436                              | PERSONAL/GROUP TRAINING CERT PREP                                                    |         |
| KIN-455                              | MARKETING & ADVERTISING SPT & EXRS PROF                                              |         |
| KIN-467                              | PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS                  |         |

### Electives

|                            |              |
|----------------------------|--------------|
| Select 23 elective credits | 23.00        |
| <b>Total Credits</b>       | <b>82.00</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         |
| CORE                    | Social & Behavioral Ways of Knowing                                                     | 3.00         |
| ENGL-101                | WRITING AND RHETORIC I                                                                  | 3.00         |
| KIN-260                 | INTRODUCTION TO KINESIOLOGY AND HEALTH                                                  | 1.00         |
| KIN-272                 | FITNESS AND WELLNESS                                                                    | 3.00         |
| <b>Credits</b>          |                                                                                         | <b>16.00</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         |
| Program Requirements    | KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269                                           | 1.00         |
| Elective                | Elective Credits                                                                        | 3.00         |
| <b>Credits</b>          |                                                                                         | <b>16.00</b> |
| <b>Second Year</b>      |                                                                                         |              |
| <b>Fall</b>             |                                                                                         |              |
| BIOL-227                | HUMAN ANATOMY AND PHYSIOLOGY I                                                          | 4.00         |
| CORE                    | Global Perspectives                                                                     | 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         |
| <b>Credits</b>          |                                                                                         | <b>16.00</b> |
| <b>Spring</b>           |                                                                                         |              |
| CHEM-105<br>or CHEM-111 | GENERAL, ORGANIC AND BIOCHEMISTRY<br>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         |
| <b>Credits</b>          |                                                                                         | <b>15.00</b> |
| <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,<br>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         |
| <b>Credits</b>          |                                                                                         | <b>16.00</b> |
| <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          |
| <b>Credits</b>       |                                               | <b>17.00</b>  |
| <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          |
| <b>Credits</b>       |                                               | <b>12.00</b>  |
| <b>Spring</b>        |                                               |               |
| KIN-494              | INTERNSHIP IN KINESIOLOGY                     | 3.00          |
| KIN-499              | SENIOR CAPSTONE                               | 3.00          |
| Elective             | Elective Credits                              | 3.00          |
| Elective             | Elective Credits                              | 3.00          |
| <b>Credits</b>       |                                               | <b>12.00</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