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
Written Communication		
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	
Oral Communication		
Select one from 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:		3.00-5.00
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-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	
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		
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	
Social & Behavioral Ways of Knowing		
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	
Global Perspectives		
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	
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		**38.00-42.00**

Program Requirements

Code	Title	Credits
Kinesiology Core		
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
Emphasis Courses		
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		
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
Total Credits	**82.00**

Sequential Plan of Study

Course	Title	Credits
First Year		
Fall		
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
	Credits	**16.00**
Spring		
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
	Credits	**16.00**
Second Year		
Fall		
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
	Credits	**16.00**
Spring		
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**
Third Year		
Fall		
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**
Spring		
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00
KIN-381		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**
Fourth Year		
Fall		
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**
Spring		
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-499	SENIOR CAPSTONE	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 go on to obtain careers in a variety of fields:

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