

# Kinesiology (Physical Activity & Health Promotion Track) Course Plan

## Catalog Year 2021-2022

### Legend

**\* Major Requirement**

Must be taken to fulfill major requirements.

**† Major Elective**

Must be taken to fulfill major requirements, or replaced with an equivalent course.

**‡ Gen-Ed Requirement**

Must be taken to fulfill general education requirements.

**§ Elective**

Can be chosen from a selection of courses.

See MyGFU for detailed academic requirements.

### First Year

#### Fall Semester

Introduction to Exercise Science (HHPE 210) *	2 credits
Care & Prevention of Athletic Injuries (HHPE 390) *	3 credits
The Bible (THEO 101) ‡	3 credits
Caring for Words (WRIT 111) ‡	3 credits
Math that Matters (MATH 170) ‡	3 credits
<b>Semester Total</b>	<b>14 credits</b>
<b>Cumulative Total</b>	<b>14 credits</b>

#### Spring Semester

General Psychology (PSYC 150) *	3 credits
Pre-Calculus (MATH 190) *	4 credits
Christianity (THEO 102) ‡	3 credits
Science and Faith (GSCI 170) ‡	4 credits
Communication in Society (COMM 111) ‡	3 credits
<b>Semester Total</b>	<b>17 credits</b>
<b>Cumulative Total</b>	<b>31 credits</b>

## Second Year

### Fall Semester

Human Anatomy & Physiology I (BIOL 221) *	4 credits
Nutrition (HLTH 300) *	3 credits
Statistical Procedures (PSYC 240 or MATH 240) *	3 credits
Art & Global Culture (ARTP/V 120) ‡	3 credits
Personhood (PSYC 100) ‡	3 credits
<b>Semester Total</b>	<b>16 credits</b>
<b>Cumulative Total</b>	<b>47 credits</b>

### Spring Semester

Human Anatomy & Physiology II (BIOL 222) *	4 credits
Principles of Conditioning (HHPE 228) *	2 credits
Faith & Story (LITR 111) ‡	3 credits
The Modern and Postmodern World (HIST 111) ‡	3 credits
Elective Credits (see catalog for recommended major related electives) §	3 credits
<b>Semester Total</b>	<b>15 credits</b>
<b>Cumulative Total</b>	<b>62 credits</b>

## Third Year

### Fall Semester

Fundamentals of Exercise & Fitness Training (HHPE 480) *	2 credits
Biomechanics (HHPE 394) *	3 credits
Exercise Prescription (HHPE 420) *	3 credits
Health Promotion & Management (HHPE 400) *	3 credits
Elective Credits (see catalog for recommended major related electives) §	3 credits
<b>Semester Total</b>	<b>14 credits</b>
<b>Cumulative Total</b>	<b>76 credits</b>

### Spring Semester

Exercise Physiology (HHPE 430) *	3 credits
Adaptive Physical Education (HHPE 460) *	3 credits
Sports Psychology (HHPE 301) *	2 credits
Motor Development & Motor Skill Learning (HHPE 470) *	3 credits
Justice (SSCI 100) ‡	3 credits
<b>Semester Total</b>	<b>14 credits</b>
<b>Cumulative Total</b>	<b>90 credits</b>

## Fourth Year

### Fall Semester

Senior Research Project (HHPE 490) *	3 credits
Field Experience/Internship (HHPE 475) *	3 credits
Major Required Elective (see catalog) †	3 credits
Elective Credits (see catalog for recommended major related electives) §	6 credits
<b>Semester Total</b>	<b>15 credits</b>
<b>Cumulative Total</b>	<b>105 credits</b>

### Spring Semester

Ethics (THEO 380) ‡	3 credits
Major Required Electives (see catalog) †	6 credits
Elective Credits (see catalog for recommended major related electives) §	6 credits
<b>Semester Total</b>	<b>15 credits</b>
<b>Cumulative Total</b>	<b>120 credits</b>