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
Semester Total	**14 credits**
Cumulative Total	**14 credits**

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
Semester Total	**17 credits**
Cumulative Total	**31 credits**

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
Semester Total	**16 credits**
Cumulative Total	**47 credits**

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
Semester Total	**15 credits**
Cumulative Total	**62 credits**

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
Semester Total	**14 credits**
Cumulative Total	**76 credits**

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
Semester Total	**14 credits**
Cumulative Total	**90 credits**

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
Semester Total	**15 credits**
Cumulative Total	**105 credits**

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
Semester Total	**15 credits**
Cumulative Total	**120 credits**