

Bachelor of Science in Kinesiology -- Fitness Track

Interdisciplinary Studies (IDS) (44 hours)

	Hours	Trimester
IDS 1003 First Year Seminar	3	_____
IDS 1133 The Individual in Contemporary Society	3	_____
IDS 1113 English Comp I: Intro to College Writing	3	_____
IDS 1213 English Comp II: Writing About Literature	3	_____
IDS 1223 Contemporary Math	3	_____

Artistic Expression -- 2 hours

_____	_____	_____
_____	_____	_____

Physical Expression -- 2 hours

KINE 1011 Concepts of Health and Fitness	1	_____
_____	_____	_____

Kinesiology Major (62 hours)

Kinesiology Core Required Courses -- 24 hours

	Hours	Trimester
KINE 1222 Foundations of Kinesiology	2	_____
KINE 1233 Personal Health	3	_____
KINE 2223 First Aid and CPR	3	_____
KINE 2313 Prevention and Care of Athletic Injuries	3	_____
KINE 2233 Community and Consumer Health	3	_____
KINE 3213 Biomechanics	3	_____
KINE 4313 Physiology of Exercise	3	_____
BIOL 2251 Human Anatomy Lab	1	_____
BIOL 2253 Human Anatomy	3	_____

Measurement & Eval/Exercise Testing Option -- 3 hours

KINE 4223 Measurement and Evaluation in Kinesiology	3	_____
KINE 4213 Exercise Testing	3	_____

Fitness Track Kinesiology Required Courses -- 15 hours

KINE 3203 Concepts of Strength & Conditioning	3	_____
KINE 3223 Concepts of Personal Training	3	_____
KINE 3403 Sport Management	3	_____
KINE 4002 Internship	2	_____
KINE 4002 Internship	2	_____
KINE 4212 Adapted Physical Education	2	_____

Required KINE Activity Elective Courses -- 2 hours

_____	_____	_____
_____	_____	_____

A minimum of 122 credit hours is required

No more than 61 hrs of junior college credit may count towards 122

A minimum of 40 hours of upper division credit is required

	Hours	Trimester
IDS 2013 Foundations of Physical Science	3	_____
IDS 2023 Foundations of Life Science	3	_____
IDS 2011 Foundations of Science Lab	1	_____
IDS 2133 American Civilization I	3	_____
IDS 2143 American Civilization II	3	_____
IDS 3223 Political and Economic Systems and Theories	3	_____
IDS 3313 World Thought and Culture I	3	_____
IDS 3323 World Thought and Culture II	3	_____
IDS 4333 World Thought and Culture III	3	_____

Required KINE Non-Activity Elective Courses -- 3 hours

_____	_____	_____
_____	_____	_____

Chemistry Required Courses -- 4 hours

	Hours	Trimester
CHEM 1113 General Chemistry I	3	_____
CHEM 1111 General Chemistry I Lab	1	_____

Biology Required Courses -- 5 hours

BIOL 1222 Biological and Medical Terminology	2	_____
BIOL 3003 Human Nutrition	3	_____

Business Administration Required Courses -- 3 hours

BADM 1503 Introduction to Business	3	_____
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Math Required Courses -- 3 hours

MATH 2203 Elementary Statistics	3	_____
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Required Non-KINE Elective Courses -- 16 hours

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_____	_____	_____
_____	_____	_____
_____	_____	_____

Computer proficiency is required

Degree requirements effective August 2025

