

BACHELOR OF SCIENCE (BS) or BACHELOR OF ARTS (BA)
Major: Health, Physical Education, and Recreation
Kinesiology

This program will allow the individual to pursue careers in sport and exercise science. This option does not lead to a teaching endorsement and does not require the Education Core.

A student must complete the following requirements in addition to the General Studies requirements. No grade lower than "C-" will satisfy major requirements.

REQUIRED PROGRAM PREREQUISITES

Course	No.	Title	Hours
BIOL	102	Introduction to Zoology	4
BUS	201	Organizational Communications	3
CMIS	101	Information Systems Concepts & Applications	3
MATH	112	College Algebra	3
PSYC	250	Human Growth & Development	3

HEALTH, PHYSICAL EDUCATION, AND RECREATION CORE REQUIREMENTS

HPER	215	First Aid, CPR, AED	2
HPER	222	Structural Kinesiology	3
HPER	262	Nutrition & Health	3
HPER	310	Psychology of Sports & Physical Activities	3
HPER	325	Prevention & Care of Sports Injuries	3
HPER	360	Physiology of Exercise	3
HPER	382	Sound Mind Sound Body	3
HPER	428	Health & Society	3
HPER	433	Applied Exercise Science	3
HPER Core Total			26

KINESIOLOGY OPTION

BIOL	210	Anatomy	4
BIOL	312	Physiology	4
HPER	199	First Year Seminar in Kinesiology	2
HPER	219	Techniques of the Olympic Lifts	1
HPER	290	Research Opportunities in Kinesiology	3
HPER	419	Neuromechanics of Human Movement	3
HPER	420	Mechanical Kinesiology	3
HPER	441	HPER Internship	3
Option Total			23
MAJOR TOTAL			49

NOTE: For all Kinesiology students, but especially for those specifically interested in careers in management, the elective credits for the degree program should be directed to completing a minor in either Business Administration or Marketing.