

**Bachelor of Science**  
**Health Promotion and Wellness**  
**CIP Code: 310599**

**Major Code K100**  
**Cr Hrs**

| <b>General Education CORE 42 Requirements 42*</b> |   | <b>30</b>    |
|---|---|--------------|
| Area 1A   | Social & Behavioral Sciences                    | 6            |
| Area 1B   | Civic Engagement                                | 3            |
| Area 2A   | Written Communication                           | 6            |
| Area 2B   | Oral Communication                              | 3            |
| Area 3A   | Natural Science Non-Lab (CHEM 140 3 hrs)        |              |
| Area 3B   | Natural science With Lab (BIO 180 or 121 4 hrs) |              |
| Area 4  | Mathematics (MATH 140 or MATH 130/135 3 hrs)    |              |
| Area 5A   | Humanities                                      | 6            |
| Area 5B   | Fine Arts                                       | 3            |
| Area 5C   | Global Competencies                             | 3            |
| Area 5D   | Health and Wellness (KINE 103 or 113 2 hrs)     |              |
| <b>UE 100</b>                                     | <b>First Year Experience**</b>                  | <b>1</b>     |
| <b>Kinesiology Requirements</b>                   |   | <b>45</b>    |
| KINE 113  | Wellness for the Health Professional* (2)       |              |
|   | OR  |              |
| KINE 103  | Lifetime Wellness*                              | 2            |
| KINE 114  | Fitness Programming & Assessment                | 2            |
| KINE 220  | First Aid and Sport Safety                      | 2            |
| KINE 292  | Theory and Technique of Strength Training       | 2            |
| KINE 295  | Orientation to Health Promotion/Wellness        | 1            |
| KINE 305  | Aging and Health                                | 2            |
| KINE 340  | Motor Learning                                  | 2            |
| KINE 342  | Biomechanical Analysis                          | 3            |
| KINE 345  | Tests and Measurements in Physical Education    | 2            |
| KINE 351  | Exercise Interventions                          | 3            |
| KINE 352  | Administration in Health Promotion              | 3            |
| KINE 375  | Adapted Physical Education                      | 3            |
| KINE 380  | Research Methods in Health & Exercise Science   | 2            |
| KINE 385  | Nutrition for Human Development                 | 3            |
| KINE 395  | Practicum in Wellness                           | 2            |
| KINE 431  | Physiology of Exercise                          | 3            |
| KINE 432  | Physiology of Exercise, Laboratory              | 2            |
| KINE 491  | Internship in Wellness                          | 6            |
| <b>Supporting Requirements</b>                    |   | <b>20-21</b> |
| BIO 121   | Human Anatomy and Physiology I/Lab              | 4            |
|   | OR  |              |
| BIO 180   | Essential Anatomy and Physiology/Lab (4)        |              |
| MATH 140  | Algebra and Trigonometry*                       | 5-6          |
|   | OR  |              |
|   | MATH 130 (3) and 135 (3)                        |              |
| BIO 201   | Human Anatomy                                   | 5            |
|   | OR  |              |
| BIO 221   | Human Anatomy and Physiology II (5)             |              |
| PSY 221   | Psych of Personal Adjustment                    | 3            |
|   | OR  |              |
| PSY 205   | Child and Adolescent Development (3)            |              |
|   | OR  |              |
| PSY 432   | Abnormal Psychology (3)                         |              |
| GB 320  | Business Communication                          | 3            |

| <b>Supporting Electives - to total minimum of</b> |   | <b>21</b>  |
|---|---|------------|
| BIO 301   | Human Physiology***                               | 4          |
| CHEM 140  | General Chemistry I***                            | 3          |
| CHEM 141  | General Chemistry I Lab***                        | 1          |
| CHEM 142  | General Chemistry II***                           | 5          |
| KINE 367  | Socio-Psychological Aspects of Physical Education | 3          |
| MRKT 300  | Principles of Marketing                           | 3          |
| MGMT 350  | Fundamentals of Organizational Management         | 3          |
| MGMT 352  | Human Resource Management                         | 3          |
| MGMT 441  | Organizational Behavior                           | 3          |
| PHYS 162  | Elementary College Physics II***                  | 4          |
| PSY 282   | Applied Behaviorism                               | 3          |
| PSY 320   | Applied Statistics***                             | 3          |
|   |   |            |
| Other approved electives                          |   | <b>3-4</b> |
| <b>Total Hours</b>                                | Must include at 39 upper division (300-400) hrs   | <b>120</b> |

\*Gen. Ed. Core 42 Requirements - CHEM 140 3 hrs satisfies Area 3A, BIO 121 or 180 4 hrs satisfied Area 3B, required math (3 hrs) satisfies Area 4, KINE 103 or 113 2 hrs satisfies Area 5D.

\*\*\* Suggested courses for students pursuing the clinical track

Supporting electives are approved by the Kinesiology Department and selected with approval of a Kinesiology advisor. The Kinesiology advisor will assist students in selecting "supporting electives" appropriate to their career goals. The number of credit hours varies between 18-22.