

Bachelor of Science 2021-22 AY**Health Promotion and Wellness****Major Code K100****CIP Code: 310599****Cr Hrs**

General Education CORE 42 Requirements 42*		30
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 130 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)	
UE 100	First Year Experience**	1
Kinesiology Requirements		46
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	Physical Activity for Special Populations	3
KINE 380	Research Methods in Health & Exercise Science	2
KINE 385	Nutrition for Human Development	3
KINE 395	Practicum in Wellness	3
KINE 431	Physiology of Exercise	3
KINE 432	Physiology of Exercise, Laboratory	2
KINE 491	Internship in Wellness	6
Supporting Requirements		18
BIO 121	Human Anatomy and Physiology I/Lab OR	4
BIO 180	Essential Anatomy and Physiology/Lab (4)	
MATH 130	College Algebra	3
BIO 201	Human Anatomy OR	5
BIO 221	Human Anatomy and Physiology II (5)	
PSY 221	Psych of Personal Adjustment OR	3
PSY 205	Child and Adolescent Development (3) OR	
PSY 432	Abnormal Psychology (3)	
GB 320	Business Communication	3

Supporting Electives - to total minimum of		25
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
MATH 135	Trigonometry	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	Fundamentals of Operant Conditioning	3
PSY 320	Applied Statistics***	3
Other approved electives		4
Total Hours	Must include at 39 upper division (300-400) hrs	120

*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.