

# B.S. Health and Fitness

General Education Requirements for all Bachelor's degrees

Quality Enhancement Plan (QEP) Requirement

## Kinesiology Core Curriculum

Item #	Title	credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1

## Required Courses

Item #	Title	credits
KINA 111	Physical Fitness	1
	KINA 112 or KINA 212	1
KINA 115	Resistance Training	1
KINA 116	Fitness Walking	1
	KINA 233 or KINA 234	1
KINA 215	Advanced Resistance Training	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 260	First Aid, CPR, and First Responder Training	2
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 450	Administration of Kinesiology	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 480	Internship	3-6

## Required Cognates:

Item #	Title	credits
ACCT 211	Accounting Principles I	3
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
COMM 261	Media Writing I	3
PSYC 220	Human Growth & Development	3
	<b>Total credits:</b>	<b>63-66</b>

## Category Descriptions

### KINA 112 or KINA 212

Credits: 1

Item #	Title	credits
KINA 112	Aerobics	1
KINA 212	Advanced Aerobics	1

## KINA 233 or KINA 234

Credits: 1

Item #	Title	credits
KINA 233	Water Aerobics	1
KINA 234	Lifeguard Training	1