

# KINESIOLOGY: HEALTH & FITNESS

The discipline of Kinesiology explores the art and science of human movement. In the Kinesiology program, students develop an appreciation of the human body and its tremendous potential, as well as an understanding of the relationship between positive lifestyle choices and long-term improvements in health and well-being. Students seeking a Bachelor's degree in Kinesiology will complete a program of study with course work in one of four emphases:

1. Exercise Science and Health Occupations
2. Health and Fitness
3. Sport Studies
4. Coaching

This emphasis area prepares students for careers in wellness coaching and the fitness industry. Students will learn knowledge and practical skills required to help individuals engage in healthy behavior practices in all components of wellness throughout the lifespan.

## General Education Requirements

| Code   | Title   | Credits   |
|--|---|-----------|
| <b>Written Communication</b>                     |   |           |
| Select one of the following:                     |   | 6.00      |
| ENGL-101<br>& ENGL-102                           | WRITING AND RHETORIC I<br>and WRITING AND RHETORIC II |           |
| ENGL-109   | COLLEGE WRITING AND RESEARCH                          |           |
| <b>Oral Communication</b>                        |   |           |
| Select one from the following:                   |   | 3.00      |
| COMM-101   | FUNDAMENTALS OF ORAL COMMUNICATION                    |           |
| COMM-203   | SMALL GROUP COMMUNICATION                             |           |
| COMM-204   | PUBLIC SPEAKING                                       |           |
| <b>Mathematical Ways of Knowing</b>              |   |           |
| Select one of the following:                     |   | 3.00-5.00 |
| MATH-123   | MATH IN MODERN SOCIETY                                |           |
| MATH-130   | FINITE MATHEMATICS                                    |           |
| MATH-143   | COLLEGE ALGEBRA                                       |           |
| MATH-147   | COLLEGE ALGEBRA AND TRIGONOMETRY                      |           |
| MATH-153   | STATISTICAL REASONING                                 |           |
| MATH-170   | CALCULUS I  |           |
| MATH-253   | STATISTICAL METHODS FOR THE SCIENCES                  |           |
| MATH-257   | MATHEMATICS FOR ELEMENTARY TEACHERS II                |           |
| MTHPT-130  | FINITE MATHEMATICS                                    |           |
| MTHPT-137  | MATH FOR TECHNOLOGY                                   |           |
| MTHPT-153  | STATISTICAL REASONING                                 |           |
| <b>Humanistic &amp; Artistic Ways of Knowing</b> |   |           |
| Select one course from two categories:           |   | 6.00-8.00 |
| <b>Literature</b>                                |   |           |
| ENGL-175   | LITERATURE AND IDEAS                                  |           |
| ENGL-257   | WORLD CLASSICS  |           |
| ENGL-258   | INTERNATIONAL LITERATURE                              |           |
| ENGL-260   | NATIVE AMERICAN LITERATURE                            |           |
| ENGL-261   | MYTHOLOGIES   |           |
| <b>Arts</b>                                      |   |           |
| ART-100  | INTRODUCTION TO ART                                   |           |
| HUM-101  | THE ART AND HISTORY OF THE MOTION PICTURE             |           |
| HUM-150  | INTRODUCTION TO THE ARTS                              |           |
| MUS-101  | SURVEY OF MUSIC                                       |           |
| MUS-102  | MUSIC IN AMERICA                                      |           |

|  |   |           |
|--|---|-----------|
| MUS-150  | WORLD MUSIC                                   |           |
| MUS-151  | HISTORY OF MUSICAL THEATER                    |           |
| THEA-101                                       | SURVEY OF THE THEATER                         |           |
| <b>Language</b>                                |   |           |
| NP-101   | NEZ PERCE LANGUAGE AND CULTURE                |           |
| NP-102   | NEZ PERCE LANGUAGE AND HISTORY                |           |
| SPAN-101                                       | ELEMENTARY SPANISH I                          |           |
| SPAN-102                                       | ELEMENTARY SPANISH II                         |           |
| <b>Scientific Ways of Knowing</b>              |   |           |
| Select one from the following:                 |   | 4.00      |
| BIOL-175                                       | HUMAN BIOLOGY                                 |           |
| BIOL-227                                       | HUMAN ANATOMY AND PHYSIOLOGY I                |           |
| Select one additional course                   |   | 3.00-4.00 |
| CHEM-100                                       | CONCEPTS OF CHEMISTRY                         |           |
| CHEM-105                                       | GENERAL, ORGANIC AND BIOCHEMISTRY             |           |
| CHEM-111                                       | PRINCIPLES OF CHEMISTRY I                     |           |
| CS-108   | INTRODUCTION TO COMPUTER SCIENCE              |           |
| FSCI-101                                       | INTRODUCTION TO FORENSIC SCIENCE              |           |
| GEOL-101                                       | PHYSICAL GEOLOGY                              |           |
| GEOL-120                                       | INTRODUCTION TO EARTH SYSTEMS                 |           |
| GIS-271  | GEOGRAPHIC INFORMATION SYSTEMS                |           |
| ID-240   | INTEGRATED SCIENCE II                         |           |
| NS-140   | INTEGRATED SCIENCE I                          |           |
| NS-150   | INTRODUCTION TO NATURAL SCIENCES <sup>1</sup> |           |
| NS-174   | NATURAL SCIENCE FOR ELEMENTARY EDUCATOR       |           |
| PHYS-111                                       | GENERAL PHYSICS I                             |           |
| or PHYS-112                                    | GENERAL PHYSICS II                            |           |
| PHYS-171                                       | PHYS SCIENCES FOR ELEMENTARY EDUCATORS        |           |
| PHYS-205                                       | DESCRIPTIVE ASTRONOMY                         |           |
| PHYS-211                                       | PHYSICS FOR SCIENTISTS AND ENGINEERS I        |           |
| <b>Social &amp; Behavioral Ways of Knowing</b> |   |           |
| Select one course from two disciplines:        |   | 6.00      |
| ANTH-102                                       | CULTURAL ANTHROPOLOGY                         |           |
| ANTH-120                                       | WORLD PREHISTORY                              |           |
| ANTH-170                                       | INTRODUCTION TO NATIVE AMERICAN STUDIES       |           |
| ECON-201                                       | PRINCIPLES OF MACROECONOMICS                  |           |
| ECON-202                                       | PRINCIPLES OF MICROECONOMICS                  |           |
| GEOG-102                                       | INTRODUCTION TO GEOGRAPHY                     |           |
| HIST-101                                       | WORLD HISTORY I                               |           |
| HIST-102                                       | WORLD HISTORY II                              |           |
| HIST-111                                       | UNITED STATES HISTORY I                       |           |
| HIST-112                                       | UNITED STATES HISTORY II                      |           |
| HRPT-184                                       | DIVERSITY IN ORGANIZATIONS                    |           |
| HRPT-185                                       | HUMAN RELATIONS IN ORGANIZATIONS              |           |
| POLS-101                                       | AMERICAN NATIONAL GOVERNMENT                  |           |
| POLS-237                                       | INTERNATIONAL POLITICS                        |           |
| POLS-285                                       | COMPARATIVE GOVERNMENT                        |           |
| PSYC-101                                       | INTRODUCTION TO GENERAL PSYCHOLOGY            |           |
| PSYC-205                                       | LIFESPAN DEVELOPMENTAL PSYCHOLOGY             |           |
| SOC-101  | INTRODUCTION TO SOCIOLOGY                     |           |
| SOC-102  | SOCIAL PROBLEMS                               |           |
| SS-184   | DIVERSITY IN ORGANIZATIONS                    |           |

|  |   |                    |
|--|---|--------------------|
| SS-185   | HUMAN RELATIONS IN ORGANIZATIONS        |                    |
| <b>Diversity</b>   |   |                    |
| Select one of the following:                                       |   | 3.00-4.00          |
| ANTH-102   | CULTURAL ANTHROPOLOGY                   |                    |
| ANTH-120   | WORLD PREHISTORY                        |                    |
| ANTH-170   | INTRODUCTION TO NATIVE AMERICAN STUDIES |                    |
| ANTH-360   | RACE AND ETHNICITY                      |                    |
| COMM-345   | INTERCULTURAL COMMUNICATION             |                    |
| ENGL-258   | INTERNATIONAL LITERATURE                |                    |
| ENGL-474   | NATIVE AMERICAN WRITTEN LITERATURE      |                    |
| GEOG-102   | INTRODUCTION TO GEOGRAPHY               |                    |
| HIST-101   | WORLD HISTORY I                         |                    |
| HIST-102   | WORLD HISTORY II                        |                    |
| HIST-111   | UNITED STATES HISTORY I                 |                    |
| HIST-112   | UNITED STATES HISTORY II                |                    |
| HRPT-184   | DIVERSITY IN ORGANIZATIONS              |                    |
| ID-300C  | ETHICS AND IDENTITY                     |                    |
| KIN-220  | SOCIAL-CULTURAL ASPECTS OF SPORTS       |                    |
| NP-101   | NEZ PERCE LANGUAGE AND CULTURE          |                    |
| NP-102   | NEZ PERCE LANGUAGE AND HISTORY          |                    |
| POLS-285   | COMPARATIVE GOVERNMENT                  |                    |
| SOC-101  | INTRODUCTION TO SOCIOLOGY               |                    |
| SPAN-101   | ELEMENTARY SPANISH I                    |                    |
| SPAN-102   | ELEMENTARY SPANISH II                   |                    |
| SPAN-201   | INTERMEDIATE SPANISH I                  |                    |
| SPAN-202   | INTERMEDIATE SPANISH II                 |                    |
| SS-184   | DIVERSITY IN ORGANIZATIONS              |                    |
| <b>Integrative Seminar: Ethics &amp; Values</b>                    |   |                    |
| Select one of the following:                                       |   | 3.00               |
| ID 300A - 300Z (see course descriptions for options)               |   |                    |
| ID-301A  | HELLS CANYON INSTITUTE                  |                    |
| <b>Foreign/Heritage Language</b>                                   |   |                    |
| Select 16 credits of language if selecting Bachelor of Arts Degree |   | 16.00              |
| <b>Total Credits</b>   |   | <b>37.00-43.00</b> |

## Program Requirements

| Code                           | Title  | Credits |
|--------------------------------|--|---------|
| <b>Kinesiology Core</b>        |  |         |
| HLTH-352                       | TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS                                   | 3.00    |
| HLTH-354                       | ADDICTION AND PERFORMANCE  | 2.00    |
| KIN-260                        | INTRODUCTION TO KINESIOLOGY AND HEALTH   | 1.00    |
| KIN-272                        | FITNESS AND WELLNESS   | 3.00    |
| KIN-370                        | MOTOR LEARNING/MOTOR DEVELOPMENT   | 3.00    |
| KIN-381                        | TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION   | 3.00    |
| KIN-486                        | ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS | 3.00    |
| KIN-498                        | SENIOR RESEARCH PROJECT I  | 3.00    |
| KIN-499                        | RESEARCH PROJECT/SEMINAR II  | 3.00    |
| Select three of the following: |  | 3.00    |
| KIN-261                        | SKILL AND ANALYSIS: COURT SPORTS   |         |
| KIN-262                        | SKILL AND ANALYSIS: FIELD SPORTS   |         |
| KIN-267                        | SKILL/ANALYSIS: STRENGTH DEVELOPMENT   |         |

|                              |   |              |
|------------------------------|---|--------------|
| KIN-268                      | SKILL AND ANALYSIS: CORE AND FLEXIBILITY                            |              |
| KIN-269                      | SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV                             |              |
| Select one of the following: |   | 3.00         |
| KIN-220                      | SOCIAL-CULTURAL ASPECTS OF SPORTS                                   |              |
| KIN-425                      | ETHICAL DECISION-MAKING SPORT LEADERS                               |              |
| Select two of the following: |   | 2.00         |
| HLTH-246                     | HUMAN SEXUALITY   |              |
| HLTH-247                     | STRESS MANAGEMENT   |              |
| HLTH-248                     | BEHAVIOR CHANGE   |              |
| <b>Emphasis Courses</b>      |   |              |
| HLTH-248                     | BEHAVIOR CHANGE   | 1.00         |
| HLTH-253                     | NUTRITION   | 3.00         |
| HLTH-343                     | SPORT NUTRITION   | 3.00         |
| HLTH-453                     | HEALTH PROMOTION  | 3.00         |
| HLTH-454                     | WELLNESS COACHING   | 2.00         |
| KIN-248                      | SPORTS MEDICINE   | 3.00         |
| KIN-355                      | STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES                         | 3.00         |
| KIN-434                      | EXERCISE PRESCRIPTION   | 3.00         |
| KIN-435                      | AGING AND PHYSICAL ACTIVITY   | 3.00         |
| KIN-436                      | PERSONAL/GROUP TRAINING CERT PREP                                   | 3.00         |
| KIN-494                      | INTERNSHIP IN KINESIOLOGY   | 3.00         |
| Select one of the following: |   | 3.00         |
| HLTH-342                     | COMMUNITY HEALTH  |              |
| KIN-411                      | EXERCISE PSYCHOLOGY   |              |
| KIN-467                      | PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS |              |
| <b>Electives</b>             |   |              |
| Select 18 elective credits   |   | 18.00        |
| <b>Total Credits</b>         |   | <b>83.00</b> |

## Sequential Plan of Study

| Course                  | Title  | Credits      |
|-------------------------|--|--------------|
| <b>First Year</b>       |  |              |
| <b>Fall</b>             |  |              |
| CORE                    | Mathematical Ways of Knowing                       | 3.00         |
| CORE                    | Oral Communication                                 | 3.00         |
| ENGL-101                | WRITING AND RHETORIC I                             | 3.00         |
| HLTH-248                | BEHAVIOR CHANGE                                    | 1.00         |
| KIN-260                 | INTRODUCTION TO KINESIOLOGY AND HEALTH             | 1.00         |
| KIN-272                 | FITNESS AND WELLNESS                               | 3.00         |
| <b>Credits</b>          |  | <b>14.00</b> |
| <b>Spring</b>           |  |              |
| CORE                    | Humanistic & Artistic Ways of Knowing              | 3.00         |
| CORE                    | Social & Behavioral Ways of Knowing                | 3.00         |
| ENGL-102                | WRITING AND RHETORIC II                            | 3.00         |
| HLTH-253                | NUTRITION  | 3.00         |
| HLTH-343                | SPORT NUTRITION                                    | 3.00         |
| Program Requirements    | KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269      | 1.00         |
| <b>Credits</b>          |  | <b>16.00</b> |
| <b>Second Year</b>      |  |              |
| <b>Fall</b>             |  |              |
| BIOL-175<br>or BIOL-227 | HUMAN BIOLOGY<br>or HUMAN ANATOMY AND PHYSIOLOGY I | 4.00         |

|                       |   |               |
|-----------------------|---|---------------|
| CORE                  | Diversity   | 3.00          |
| CORE                  | Humanistic & Artistic Ways of Knowing   | 3.00          |
| CORE                  | Scientific Ways of Knowing  | 3.00          |
| HLTH-246              | HUMAN SEXUALITY   | 1.00          |
| Program Requirements  | KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269   | 1.00          |
| <b>Credits</b>        |   | <b>15.00</b>  |
| <b>Spring</b>         |   |               |
| CORE                  | Social & Behavioral Ways of Knowing   | 3.00          |
| HLTH-354              | ADDICTION AND PERFORMANCE   | 2.00          |
| KIN-248               | SPORTS MEDICINE   | 3.00          |
| KIN-355               | STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES   | 3.00          |
| KIN-370               | MOTOR LEARNING/MOTOR DEVELOPMENT  | 3.00          |
| <b>Credits</b>        |   | <b>14.00</b>  |
| <b>Third Year</b>     |   |               |
| <b>Fall</b>           |   |               |
| HLTH-247              | STRESS MANAGEMENT   | 1.00          |
| HLTH-453              | HEALTH PROMOTION  | 3.00          |
| HLTH-454              | WELLNESS COACHING   | 2.00          |
| KIN-220<br>or KIN-425 | SOCIAL-CULTURAL ASPECTS OF SPORTS<br>or ETHICAL DECISION-MAKING SPORT LEADERS           | 3.00          |
| KIN-486               | ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION,<br>ATHLETICS | 3.00          |
| Elective              | Elective Credits  | 3.00          |
| <b>Credits</b>        |   | <b>15.00</b>  |
| <b>Spring</b>         |   |               |
| HLTH-352              | TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS                                      | 3.00          |
| KIN-434               | EXERCISE PRESCRIPTION   | 3.00          |
| KIN-435               | AGING AND PHYSICAL ACTIVITY   | 3.00          |
| KIN-381               | TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION  | 3.00          |
| Elective              | Elective Credits  | 3.00          |
| <b>Credits</b>        |   | <b>15.00</b>  |
| <b>Fourth Year</b>    |   |               |
| <b>Fall</b>           |   |               |
| CORE                  | Integrative Seminar: Ethics & Values  | 3.00          |
| KIN-436               | PERSONAL/GROUP TRAINING CERT PREP   | 3.00          |
| KIN-498               | SENIOR RESEARCH PROJECT I   | 3.00          |
| Program Requirements  | KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269   | 1.00          |
| Elective              | Elective Credits  | 3.00          |
| Elective              | Elective Credits  | 3.00          |
| <b>Credits</b>        |   | <b>16.00</b>  |
| <b>Spring</b>         |   |               |
| KIN-494               | INTERNSHIP IN KINESIOLOGY   | 3.00          |
| KIN-499               | RESEARCH PROJECT/SEMINAR II   | 3.00          |
| Program Requirements  | HLTH-342, KIN-411 or KIN-467  | 3.00          |
| Elective              | Elective Credits  | 3.00          |
| Elective              | Elective Credits  | 3.00          |
| <b>Credits</b>        |   | <b>15.00</b>  |
| <b>Total Credits</b>  |   | <b>120.00</b> |

Graduates with a BA/BS in Kinesiology go on to obtain careers in a variety of fields:

- Physical Education
- Sport Management

- Exercise and Health Psychology
- Wellness Coaching
- Athletic Training
- Coaching
- Recreation