

KINESIOLOGY B.S. WITH A CONCENTRATION IN HEALTH AND HUMAN PERFORMANCE

Program Learning Outcomes

Graduates from the program will demonstrate the following:

1. *Describe* the anatomical, physiological and biomechanical bases of human movement.
2. *Recognize* the behavioral, historical, psychosocial and philosophical aspects of human movement.
3. *Use* appropriate technologies and techniques to support scientific inquiry and for professional practice.
4. *Synthesize* the scientific literature in the discipline and communicate this information both orally and in writing.
5. *Utilize* experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub-disciplines of kinesiology.
6. *Design and conduct* research studies applying appropriate methodologies and ethical standards including collecting, analyzing, and interpreting data in classroom, laboratory, and field settings.

Requirements

Code	Title	Units
	Core Curriculum Requirements (https://catalog.vanguard.edu/interdisciplinary-offerings/core-curriculum/) ¹	46
	Kinesiology Major Core Requirements	47-51
	Health and Human Performance Concentration Requirements (p. 1)	9
	General Electives	18-14
Total Units		120

Kinesiology Major Core Requirements

Code	Title	Units
BIOL-204C & 204CL	Human Anatomy and Human Anatomy Laboratory ²	4
BIOL-304 & 304L	Human Physiology and Human Physiology Lab	4
MATH-265C	Intro to Statistical Methods (or) ²	3
MATH-270C	Health Professions Statistical Methods	3
KINE-150	Biophysical Foundations of Kinesiology	3
KINE-150L	Biophysical Foundations of Kinesiology Lab	1
KINE-185	Psychological and Sociocultural Foundations of Kinesiology	3
KINE-218	Injury Recognition and Management	3
KINE-221	Movement Anatomy	3
KINE-242	Motor Behavior Across the Lifespan	3
KINE-323	Physiology of Exercise	4
KINE-329	Fitness Assessment and Exercise Prescription	3

KINE-333	Principles of Nutrition and Metabolism	3
KINE-350	Kinesiology Internship (3 units on average)	1-5
KINE-421	Biomechanics	3
KINE-440	Research/Stats in Kinesiology	3
KINE-450C	Capstone Kinesiology Senior Project	3
Total Units		47-51

1

Number of units required from the Core Curriculum not included in the major requirements below.

2

Fulfills university Core Curriculum requirement.

Health and Human Performance Concentration

Code	Title	Units
KINE-345	Sports Nutrition	3
KINE-395	ECG and Exercise Testing	3
KINE-430	Principles of Strength & Conditioning	3
Total Units		9

ADDITIONAL COURSES/ELECTIVES TO BE BASED ON POST-GRADUATION PLANS.

Four Year Plan

Disclaimer: This sample Four Year Plan is provided as a guide for the recommended sequencing of courses. Vanguard University requires that students complete a minimum of 120 units of required course work as outlined on the Requirements tab in order to receive a Bachelor of Arts, Bachelor of Music, Bachelor of Science, or Bachelor of Science in Nursing degree. It is the student's responsibility to confirm with the department the course rotation before enrolling in courses. If applicable, please note the footnotes at the bottom of the page for additional information related to courses listed in a particular year and term. Questions, contact the Department of Kinesiology.

Study Abroad Participation: Students interested in participating in the university's Study Abroad programs are encouraged to reach out to the Global Education and Outreach Office (studyabroad@vanguard.edu) for more information and collaboration in their academic course planning. Students using Education and Training Benefits through the U.S. Department of Veteran Affairs are encouraged to also reach out to the School Certifying Official (veteranscertifyingofficial@vanguard.edu) for more information regarding how benefits can be applied.

Course	Title	Units
Year 1 Term 1		
KINE-148C	Lifetime Fitness and Wellness Lecture	3
KINE-150	Biophysical Foundations of Kinesiology	3
KINE-150L	Biophysical Foundations of Kinesiology Lab	1
ENGL-120C	Persuasive Writing	3
NT-101C	New Testament Survey	3



CORE-100C	Cornerstone	1	KINE-450C	Capstone Kinesiology Senior Project	3
SOC-PLCR	Social Science Core Curriculum Req'm't	3	KINE-430	Principles of Strength & Conditioning	3
Units		17	ELCT-PLHD3A	General Elective 3 Units	3
Year 1 Term 2			Units		12
BIOL-204C	Human Anatomy	3	Total Units		120-124
BIOL-204CL	Human Anatomy Laboratory	1			
KINE-185	Psychological and Sociocultural Foundations of Kinesiology	3			
THEO-101C	Foundations of Christian Life	3			
SOC-PLCR	Social Science Core Curriculum Req'm't	3			
KINE-218	Injury Recognition and Management	3			
Units		16			
Year 2 Term 1					
BIOL-304	Human Physiology	3			
BIOL-304L	Human Physiology Lab	1			
KINE-221	Movement Anatomy	3			
ENGL-220C	Researched Writing	3			
OT-201C	Old Testament Survey	3			
HSPS-PLCR	History/Political Sci Core Requirement	3			
Units		16			
Year 2 Term 2					
HIST-PLCR2	History Core Requirement (World Civ)	3			
MATH-265C	Intro to Statistical Methods	3			
KINE-242	Motor Behavior Across the Lifespan	3			
COMM-201C	Speech Composition and Presentation	3			
KINE-329	Fitness Assessment and Exercise Prescription	3			
Units		15			
Year 3 Term 1					
KINE-333	Principles of Nutrition and Metabolism	3			
THEO-300C	Developing a Christian World View	3			
ENGL-230C	Literature and the Human Experience	3			
ELCT-PLHD6	Electives 6 Units	6			
Units		15			
Year 3 Term 2					
FINA-PLCR	Fine Arts Core Curriculum Requirement	3			
KINE-323	Physiology of Exercise	4			
KINE-350	Kinesiology Internship	1-5			
KINE-345	Sports Nutrition	3			
ELCT-PLHD3A	General Elective 3 Units	3			
Units		14-18			
Year 4 Term 1					
KINE-440	Research/Stats in Kinesiology	3			
CHIS-400C	Christian Heritage	3			
KINE-395	ECG and Exercise Testing	3			
ELCT-PLHD6	Electives 6 Units	6			
Units		15			
Year 4 Term 2					
KINE-421	Biomechanics	3			

