

KINESIOLOGY B.S. WITH A CONCENTRATION IN PRE-HEALTH PROFESSIONS

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 application for professional practice.
4. *Synthesize* the scientific literature in the discipline and communicate this information both orally and in writing.
5. *Utilize* their 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
Pre-Health Professions Concentration Requirements (p. 1)		20
General Electives		7-3
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.

Pre-Health Professions Concentration

Code	Title	Units
BIOL-111	Principles of Cell and Molecular Biology	3
BIOL-111L	Principles of Biology Lab, Principles of Cell/ Molecular Biology Lab	1

Select one of the following options: see advisor for recommendation of chemistry choices 8

Option 1:

CHEM-120 & 120L General Chemistry I and General Chemistry I Lab

CHEM-121 & 121L General Chemistry II and General Chemistry II Lab

Option 2:

CHEM-210C Integrated Chemistry

CHEM-210CL Integrated Chemistry Laboratory

MATH-170C	Precalculus	3
KINE-235	Medical Terminology	2
KINE-260	Principles of Therapeutic Rehabilitation	3
Total Units		20

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

Code	Title	Units
Suggested Electives		
KINE-314A	Upper Extremity Injury Assmt	2
KINE-314B	Lower Extremity Injury Assmnt	2
KINE-380	Rehabilitation Techniques	3
KINE-422	Ethics in Health Care	3
PSCI-130C & 130CL	General Physics I and General Physics I Lab	4
PSCI-131 & PSCI-130CL	General Physics II and General Physics I Lab	4
BIOL (Electives in Biology)		
CHEM (Electives in Chemistry)		
PSYC (Electives in Psychology)		

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
SOC-PLCR	Social Science Core Curriculum Req'm't	3
Units		17
Year 1 Term 2		
BIOL-204C	Human Anatomy	3
BIOL-204CL	Human Anatomy Laboratory	1
KINE-185	Psychological and Sociocultural Foundations of Kinesiology	3
THEO-PLHD	Theology Core Requirement	3
KINE-218	Injury Recognition and Management	3
PSYC-103	Introduction to Psychology	3
Units		16
Year 2 Term 1		
KINE-221	Movement Anatomy	3
HSPS-PLCR	History/Political Sci Core Requirement	3
BIOL-111	Principles of Cell and Molecular Biology	3
BIOL-111L	Principles of Biology Lab, Principles of Cell/ Molecular Biology Lab	1
KINE-235	Medical Terminology	2
OT-201C	Old Testament Survey	3
SOC-PLCR	Social Science Core Curriculum Req'm't	3
Units		18
Year 2 Term 2		
BIOL-304	Human Physiology	3
BIOL-304L	Human Physiology Lab	1

COMM-201C	Speech Composition and Presentation	3
KINE-242	Motor Behavior Across the Lifespan	3
HIST-PLCR2	History Core Requirement (World Civ)	3
MATH-PLSTAT	Math Sci Stat Or Into to Stat	3
Units		16
Year 3 Term 1		
KINE-333	Principles of Nutrition and Metabolism	3
KINE-260	Principles of Therapeutic Rehabilitation	3
THEO-300C	Developing a Christian World View	3
CHEM-120	General Chemistry I	3
CHEM-120L	General Chemistry I Lab	1
Units		13
Year 3 Term 2		
KINE-329	Fitness Assessment and Exercise Prescription	3
KINE-323	Physiology of Exercise	4
KINE-350	Kinesiology Internship	1-5
CHEM-121	General Chemistry II	3
CHEM-121L	General Chemistry II Lab	1
FINA-PLCR	Fine Arts Core Curriculum Requirement	3
Units		15-19
Year 4 Term 1		
KINE-440	Research/Stats in Kinesiology	3
ENGL-230C	Literature and the Human Experience	3
CHIS-400C	Christian Heritage	3
ELCT-PLUD3	Upper Division General Elective 3 Units	3
Units		12
Year 4 Term 2		
KINE-421	Biomechanics	3
KINE-450C	Capstone Kinesiology Senior Project	3
ELCT-PLUD6	Upper Division Elective	6
Units		12
Total Units		119-123