

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

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