

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

## Requirements

Code	Title	Units
	Core Curriculum Requirements ( <a href="https://catalog.vanguard.edu/college/core-curriculum/">https://catalog.vanguard.edu/college/core-curriculum/</a> )	55-53
	Major Core Requirements	44-40
	Health and Human Performance Concentration Requirements (p. 1)	28
<b>Total Units</b>		<b>127-121</b>

## Kinesiology Major Core Requirements

Code	Title	Units
BIOL-204C & 204CL	Human Anatomy and Human Anatomy Laboratory <sup>1</sup>	4
BIOL-304 & 304L	Human Physiology and Human Physiology Lab	4
MATH-265C	Intro to Statistical Methods (or) <sup>1</sup>	3
MATH-270C	Health Professions Statistical Methods	
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

<sup>1</sup> 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
ELECTIVES		19
<b>Total Units</b>		<b>28</b>

## 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.

Course	Title	Units
<b>Year 1 Term 1</b>		
ENGL-120C	Persuasive Writing	3
KINE-148C	Lifetime Fitness and Wellness Lecture	3
NT-101C	New Testament Survey	3
KINE-150	Biophysical Foundations of Kinesiology	3
KINE-150L	Biophysical Foundations of Kinesiology Lab	1
CORE-100C	Cornerstone	1
	<b>Units</b>	<b>14</b>
<b>Year 1 Term 2</b>		
BIOL-204C	Human Anatomy	3
BIOL-204CL	Human Anatomy Laboratory	1
KINE-218	Injury Recognition and Management	3
KINE-185	Psychological and Sociocultural Foundations of Kinesiology	3
SOC-PLHD3	Sociology Elective 3 Units	3
THEO-PLHD	Theology Core Requirement	3
	<b>Units</b>	<b>16</b>
<b>Year 2 Term 1</b>		
ENGL-220C	Researched Writing	3
KINE-221	Movement Anatomy	3
HSPS-PLCR	History/Political Sci Core Requirement	3
BIOL-304	Human Physiology	3
BIOL-304L	Human Physiology Lab	1
ENGL-220	Researched Writing	3
	<b>Units</b>	<b>16</b>
<b>Year 2 Term 2</b>		
HIST-203C	World Civilizations I	3
MATH-PLCALC	Math Precalc Or Calculus I	3-4
KINE-242	Motor Behavior Across the Lifespan	3
COMM-201C	Speech Composition and Presentation	3
KINE-329	Fitness Assessment and Exercise Prescription	3
	<b>Units</b>	<b>15-16</b>
<b>Year 3 Term 1</b>		
THEO-300C	Developing a Christian World View	3



ENGL-230C	Literature and the Human Experience	3
KINE-333	Principles of Nutrition and Metabolism	3
ELCT-PLHD6	Electives 6 Units	6
<b>Units</b>		<b>15</b>
<b>Year 3 Term 2</b>		
FINA-215C	Intro to the Arts	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
<b>Units</b>		<b>14-18</b>
<b>Year 4 Term 1</b>		
KINE-440	Research/Stats in Kinesiology	3
ELCT-PLHD3A	General Elective 3 Units	3
CHIS-400C	Christian Heritage	3
KINE-395	ECG and Exercise Testing	3
<b>Units</b>		<b>12</b>
<b>Year 4 Term 2</b>		
KINE-421	Biomechanics	3
KINE-430	Principles of Strength & Conditioning	3
KINE-450C	Capstone Kinesiology Senior Project	3
ELCT-PLUD6	Upper Division Elective	6
<b>Units</b>		<b>15</b>
<b>Total Units</b>		<b>117-122</b>

