

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

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
Year 1 Term 1		
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
Units		14
Year 1 Term 2		
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
Units		16
Year 2 Term 1		
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
Units		16
Year 2 Term 2		
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
Units		15-16
Year 3 Term 1		
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
Units		15
Year 3 Term 2		
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
Units		14-18
Year 4 Term 1		
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
Units		12
Year 4 Term 2		
KINE-421	Biomechanics	3
KINE-430	Principles of Strength & Conditioning	3
KINE-450C	Capstone Kinesiology Senior Project	3
ELCT-PLUD6	Upper Division Elective	6
Units		15
Total Units		117-122

