

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.

| 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 |
| SOC-PLCR | Social Science Core Curriculum Req'm't | 3 |
| KINE-218 | Injury Recognition and Management | 3 |
| Units | | 16 |
| Year 2 Term 1 | | |
| KINE-221 | Movement Anatomy | 3 |
| ENGL-220C | Researched Writing | 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 |
| Units | | 18 |
| Year 2 Term 2 | | |
| BIOL-304 | Human Physiology | 3 |

| | | |
|----------------------|--|----------------|
| BIOL-304L | Human Physiology Lab | 1 |
| MATH-PLCALC | Math Precalc Or Calculus I | 3-4 |
| COMM-201C | Speech Composition and Presentation | 3 |
| KINE-242 | Motor Behavior Across the Lifespan | 3 |
| HIST-204C | World Civilization II | 3 |
| Units | | 16-17 |
| 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 |
| MATH-PLSTAT | Math Sci Stat Or Into to Stat | 3 |
| CHEM-120 | General Chemistry I | 3 |
| CHEM-120L | General Chemistry I Lab | 1 |
| Units | | 16 |
| Year 3 Term 2 | | |
| FINA-215C | Intro to the Arts | 3 |
| 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 |
| 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 | | 122-127 |

