BACHELOR OF SCIENCE

KINESIOLOGY

HIU Hope International University | COLLEGE OF ARTS & SCIENCES



PROGRAM OBJECTIVES

- In the Kinesiology program, students will gain an understanding of the structural, functional, and psychological foundations of human movement.
- Kinesiology students will demonstrate the ability to accurately assess the need for intervention to improve health and human physical performance, and be able to present an evidence based argument for the importance of physical activity in promoting optimal health.
- Students will design and implement strategies to advance health and human performance among various populations.
- By the end of the Kinesiology program, students will demonstrate an understanding of human movement, health, and performance in the context of family, workplace, community , and society.

CAREER OPPORTUNITIES

Some fields may require a graduate degree or further study.

Personal Trainer	*Exercise Physiologist*
Athletic Trainer	*Occupational Therapist*
Sports Coach	*Health Education*

FAST TRACK TO GRAD SCHOOL

Interested in earning a graduate degree in the future? Transition courses give HIU students the opportunity to take classes that can earn credit towards both their Bachelor's degree and a future Master's degree. Visit *hiu.edu/fasttrack* to learn more.

Total Units: 122

Courses: On Campus

Student / Teacher Ratio: 13:1

PLAY SPORTS?

Recruit Me

WSC

B.S. KINESIOLOGY

PLEASE SEE CURRENT CATALOG FOR ADDITIONAL COURSE OPTIONS.

PROGRAM CURRICULUM

COMMUNICATION & LEADERSHIP

Public Speaking	3
Critical Thinking & Argumentation	3
English Composition	3
Introduction to Literature	3
Foundations: Strengths & Leadership Development	1
Leadership Skills	3

TOTAL UNITS: 16

BIBLICAL STUDIES

Jesus in the Gospels	3
History & Lit. of the Early Christians	3
History & Lit. of Ancient Israel	3
Theology of Ministry	3
Introduction to Biblical Research	3
Biblical Elective (upper division)	3
Biblical Theology	3

TOTAL UNITS: 21

HUMANITIES *Choose two courses:*

Art Appreciation	3
Literature Elective	3
Writing Elective	3
Foreign Language Elective	3
Music Appreciation	3
Philosophy Elective	3

TOTAL UNITS: 6

SOCIAL SCIENCE

World History to 1500	3
World History since 1500	3
Introduction to Psychology	3

TOTAL UNITS: 9

MATH *Choose one course:*

College Algebra	3
Liberal Arts Math I	3

TOTAL UNITS: 3

NATURAL SCIENCE W/LAB *Choose one course:*

Physical Science w/Lab	4
Biological Science w/Lab	4
Earth Science w/Lab	4
Environmental Science w/Lab	4

TOTAL UNITS: 4

KINESIOLOGY MAJOR COURSES

Introduction to Kinesiology	3
Lifetime Health & Fitness	3
Human Anatomy & Physiology I	3
Human Anatomy & physiology I Lab	1
Principles of Human Movement	3
Human Anatomy & Physiology II	3
Human Anatomy & Physiology II Lab	1
Measurements & Statistics	3
Movement Anatomy	3
Sports Psychology	3
Human Motor Control & Learning	3
Physiology of Exercise	3
Physiology of Exercise Lab	1
Principles of Strength & Conditioning	3
Therapeutic Exercise in Rehabilitation	3

TOTAL UNITS: 39

KINESIOLOGY ELECTIVES *Choose three courses:*

Sport & Society	3
Principles of Coaching	3
Financing Sport Business Operations	3
Sport Facility Management	3
Introduction to Careers in Health Care & Medical Terminology (online only)	3
Introduction to Athletic Training	3
Prevention & Care of Athletic Injury	3
Nutrition	3
Internship in Kinesiology	1-5
Physiological Psychology	4

TOTAL UNITS: 9

FREE ELECTIVES

Select from a widespread list of courses to fulfill elective requirements. Electives must be outside of your major.

TOTAL GENERAL EDUCATION: 59

TOTAL UNITS FOR THE MAJOR: 48

TOTAL FREE ELECTIVES: 15

TOTAL UNITS FOR THE DEGREE: 122