

**Kinesiology  
Health Promotion and Wellness**

Code: 2474-10

Bachelor of Science

**Freshman Year**

ENGL	101	Intro. to Academic Writing	3		BIOL	110	Fundamentals of Biology I	3
KNES	101	Intro. to KNES	2		BIOL	112	Fund. of Biology I Lab	1
KNES	110	Concepts of Fitness/Wellness	2		CMCN	210	Interpersonal Communication	3
MATH	105	College Algebra	3		ENGL	102	Writing/Research Culture	3
PSYC	110	General Psychology I	3		HLTH	100	First Aid	1
KNEA		Elective	2				Elective (Arts) <sup>1</sup>	3
			15		KNES	205	Tech in H & PE	3
								17

**Sophomore Year**

BIOL	220	Intro to Anatomy and Phys	3		DIET	200	Basic Human Nutrition	3
CMCN	310	Public Speaking	3		ENGL		Literature Elective	3
HLTH	214	Comprehensive Hlth Prog	3		HIST		Elective	3
HLTH	218	Chemical Substance Abuse	3		HLTH	101	CPR	1
MATH		Elective <sup>2</sup> or STAT 214	3		MGMT	320	Mgmt of Behavior & Org	3
			15		PHYS	213	Physics	3
								16

**Junior Year**

HLTH	312	Wellness	3		HLTH	330	Consumer Health	3
KNES	303	Physiology of Exercise	3		ENGL	365	Technical Writing	3
KNES	304	Physiology of Exercise Lab	1		HLTH	440	Hlth Promotion & Prog.	3
KNES	310	Anatomical Kinesiology	3				Elective (HLTH) <sup>4</sup>	3
KNES	335	Clinical Experience	3				Elective (HLTH) <sup>4</sup>	3
		Elective (BHSC) <sup>3</sup>	3					15
			16					

**Senior Year**

HLTH	405	Nutrition for Fitness/Sports	3		HLTH	410	World Health Issues	3
HLTH	450	Spec. Topics - Epidemiology	3		HLTH	412	Health and Sexuality	3
KNES	400	Measure & Evaluation KNES	4		KNES	499	Internship	6
KNES	402	Organization & Administration	3				Elective -(AHBS) <sup>5</sup>	3
		Elective(HLTH) <sup>4</sup>	3					15
			16					

**Total: 125**

<sup>1</sup> ARTS elective (3 credits) taken from Dance, Music, Theater, Visual Arts

<sup>2</sup> Math elective. Any Math elective except Math 109, 117, 217 or 317

<sup>3</sup> Behavior Science course at 2xx-level in ANTH, CJUS, ECON, GEOG, POLS, PSYC, SOCI

<sup>4</sup> Select a minimum of 2 HLTH electives and 2 other courses on the list (on the 2nd page)

<sup>5</sup> Advisor-approved 3-credit elective from Arts, Humanities or Behavioral Science courses (on 2nd page)

<sup>4</sup> **Select 2 courses from the following list of courses:**

KNES	420	Legal Liability in Sport and Physical Education
KNES	443	Exercise and Sport Psychology
BSAT	390	Quality Management
CMCN	304	Group Process and Problem-Solving
CMCN	320	Principles of Public Relations
CMCN	330	Principles of Advertising
CMCN	470	Intercultural Communication
DIET	204	Nutrition in the Lifespan
HIM	361	Medical Terminology
MGMT	304	Business and Professional Writing
MGMT	327	Health Care Management
MGMT	350	Behavior Processes in Organizations
MGMT	365	Human Resources Management
MGMT	380	Leadership
MKTG	260	Marketing Fundamentals
MKTG	345	Principles of Marketing
NURS	333	Cultural Aspects of Health Care
PSYC	313	Life-Span Developmental Psychology
SOCI	241	Contemporary Social Problems
SOCI	310	Minority Groups
SOCI	325	Population Problems
SOCI	430	Medical Sociology
STAT	427	Statistical Methods for Researchers I
STAT	440	Applied Non-Parametric Statistics

<sup>5</sup> Arts, Humanities or Behavioral Science courses:

**Art:** DANC, MUS, THEA, VIAR, ARCH 221, DSGN 121

**Humanities:** ENGL, HIST, CMCN, PHIL, HUMN, MODL,

**Behavioral Sciences:** ANTH, CJUS, ECON, GEOG, POLS, PSYC, or SOCI