**KINESIOLOGY Major** (Bachelor of Science Degree only) 2018/19 JU Catalog Degree Requirements

Created & maintained by the Advising Center, approved by: H. Hausenblas 6/18

- Use this major checksheet as a guide for selecting classes
- REFER to DEGREE AUDIT in Webadvisor to review and monitor degree and graduation requirements.

### Core Curriculum:

**Economics: 3 hours. Choose one of the following courses:**
- ECON 189 Core Seminar in Economics
- ECON 201 Principles of Macroeconomics

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**English/Writing: 3 hours.**

- ENGL 103 Introductory Writing

**English/Literature: 3 hours. Choose one of the following courses:**
- ENGL 189 Core Seminar in Literature (pre: ENGL 103)
- ENGL 202 American Literary Experience (pre: ENGL 103)
- ENGL 203 World Literature (pre: ENGL 103)
- ENGL 204 British Literary Experience I (pre: ENGL 103)
- ENGL 206 British Literary Experience II (pre: ENGL 103)

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**Fine Arts: 3 hours. Choose a single course or combination of courses from the following disciplines to total a minimum of three credit hours; includes core seminars:**
- Art (ART)
- Dance (DANC)
- Film (FVA)
- History (ARH)
- Music (MUS)
- Theatre Arts (THEA)

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**Global Studies: 3 hours. Choose one of the following options:**

**Bachelor of Science degree:**
- **Option #1** - One (1) foreign language course or equivalent at the 102 level or
- **Option #2** - One (1) International Studies (IS) course at the 300-level (pre: ENGL 103 & sophomore status)

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**Humanities: 3 hours. Choose one HUM course (pre: ENGL 103 & ENGL/literature core requirement).**

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**Laboratory Science: Requirement fulfilled in major.**

**Mathematics: 3-4 hours. Choose one of the following courses:**
- MATH 110 Math of Motion & Change (pre: MATH 104)
- MATH 112 Modern Applications of Math (pre: MATH 104)
- MATH 114 Discover, Decode, Decide (pre: MATH 104)
- MATH 140 Calculus I (pre: "C" or better in MATH 110)
- MATH 189 Core Seminar in Mathematics (pre: MATH 104)

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**Philosophy: 3 hours. Choose one of the following courses:**
- PHIL 101 Introduction to Philosophy
- PHIL 189 Core Seminar in Philosophy
- PHIL 212 Ethics

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**Social Science: 3 hours. Choose one of the following courses:**
- GEOG 189 Core Seminar in Geography
- GEOG 200 World Geography
- POL 189 Core Seminar in Political Science
- POL 205 American National Government & Politics
- POL 208 International Politics
- PSYC 189 Core Seminar in Psychology
- PSYC 201 Introductory Psychology
- SOC 189 Core Seminar in Sociology
- SOC 203 Introductory Sociology

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**Technology: 3 hours. Choose one of the following courses:**
- CS 150 Personal Productivity Using Technology
- DSIM 203RI Applied Business & Economic Analysis
- MUS 150 Intro to Music Technology (pre: MUS 141; co: MUS 142)
- XXX xxx Technology Intensive (TI) course in the major approved by the department as an equivalent

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### Notes:

- Students must earn a minimum grade of "C-" in ENGL 103 and should complete this introductory writing course in their 1st year of enrollment.
- All students enrolled in ENGL 103 must pass an Exit Exam at the end of the term. Students not passing this exit exam are required to enroll in ENGL 214WI prior to reaching 60 hours. It is not necessary to pass this exam in order to pass ENGL 103. ENGL 214WI counts as an elective course.
- Students not qualified to begin at the ENGL 103 level may be required to take ENGL 101 prior to enrolling in ENGL 103. The hours earned for ENGL 101 will count as elective hours in the degree program.
- It is recommended that students complete Technology, Mathematics, and foreign language (if applicable to degree chosen) requirements by end of their sophomore year.
- Placement in a "Core" Mathematics course assumes the student is qualified beyond the MATH 104 level. If not, students may be required to take MATH 100 and/or MATH 104 prior to enrolling in a higher level Mathematics course. The hours earned for MATH 100 and/or MATH 104 will count as elective hours in the degree program.
- Placement in foreign language is determined by previous college background and/or foreign language placement test.
**Lower Division Kinesiology Prerequisites:** 32-33 hours. Complete all courses.

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<tr>
<td>KIN 187 Seminar in Kinesiology (seminars are variable credit; at least 6 credit hours in KIN 187 required for the major)</td>
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<td>CHEM 101 Intro College Chem or CHEM 103 Gen Chemistry I (pre: MATH 104)</td>
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<td>BIOL 215 Human Anat &amp; Phys I (co-req: CHEM 101 or higher)</td>
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<td>BIOL 216 Human Anat/Phys II (pre: &quot;C&quot; or higher in BIOL 215)</td>
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<td>BIOL 221 Human Nutrition (pre: &quot;C&quot; or higher in CHEM 101)</td>
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<td>MATH 205 Elementary Statistics (pre: MATH 104) or MATH 206 Stat Meth in Science (pre: &quot;C&quot; or better in MATH 110, 112 or 140) or PSYC 211 Quant Methods</td>
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<td>PHYS 111 Principles of Physics I (co: MATH 110 or MATH 112) or PHYS 151 Gen Phys: Mechanics (pre: MATH 140)</td>
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**Notes:**
- A minimum grade of "C" is required in all lower division Kinesiology prerequisite courses.
- All lower division Kinesiology prerequisite courses must be completed prior to beginning upper division KIN courses.
- A minimum cumulative GPA of 2.50 is required to begin upper division KIN courses.
- Students must apply to the Kinesiology major in order to be permitted to begin upper division coursework.

**Upper Division Kinesiology Requirements:** 24 hours. Complete all courses.

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<tr>
<td>KIN 321 Psych of Physical Activity</td>
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<td>KIN 355 Motor Behavior</td>
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<td>KIN 380 Func Anat'y &amp; Kinesiology</td>
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<td>KIN 427 Nutrition Physical Activity</td>
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<td>KIN 470 Phys of Human Movem't</td>
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<td>KIN 485 Biomechanics</td>
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<td>KIN 490 Internship Health Science (fulfills QEP-Experiential Learning requirement)</td>
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<td>KIN 499WS Senior Seminar (fulfills Speech &amp; Writ'g intensive requirements)</td>
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**Notes:**
- A minimum grade of "C" is required in all upper division KIN courses.
- Students pursuing a B.S. in Kinesiology could choose to further focus their studies and concentrate in areas including medical school, physician assistant, athletic training, and other health sciences professions.
- Health Sciences advising sheets list the options courses and the additional prerequisite courses that should be fulfilled for various post-graduate opportunities.
- Students are required to meet with Kinesiology advisors at least one time per semester.

**Upper Division Kinesiology Options:** 21 hours. Select a minimum of six courses from any of the 300 or 400 level KIN courses. Course offerings vary depending on term.

- KIN 305 Principles of Group Exercise Instruction, 3 cr
- KIN 317 Athletic Performance Conditioning, 3 cr
- KIN 322 Psychology of Health Behaviors, 3 cr
- KIN 323 Epidemiology in Health Sciences, 3 cr
- KIN 324 Ethics & Policy in Health Sciences, 3 cr
- KIN 326 Health Literacy, 3 cr
- KIN 330 Fitness Assessment & Exercise Prescription, 3 cr
- KIN 333 Theory & Practice of Coaching, 3 cr
- KIN 336 Health & Wellness Life Coaching, cr
- KIN 345 History & Philosophy of Human Movement, 3 cr
- KIN 350 Sport Sociology, 3 cr
- KIN 391 Prevention & Care of Athletic Injuries, 3 cr
- KIN 400 Special Topics in Kinesiology, 3 cr
- KIN 428 Nutrition for Optimal Athletic Performance, 3 cr
- KIN 430 Measure & Evaluation of Human Movement, cr
- KIN 440WS Reading, Writing & Research in Health Sciences, 3 cr
- KIN 450 Resistance Training Principles & Practice, 3 cr
- KIN 475 Adaptive Human Movement Strategies, 3 cr
- KIN 486 Neuromechanics of Human Movement, 3 cr
- KIN 490 Internship in Health Sciences, 1-6 cr
- KIN 387WR/388WR Independent Study in Kinesiology, 1-6 cr 487WR/488WR
- KIN 397/398/497/498 Departmental Honors, 1-6 cr

**General Electives:** Additional hours needed to total 120 hours for degree: approximately 13 hours for Kinesiology majors.

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**Additional General Requirements for all Baccalaureate Degrees. Indicate with (‘ )’ that requirement is met.**

- 120 hours (minimum) required for degree
- 120 hours: 120 credits to complete
- Final 30 hours must be completed at JU
- 12 hours in major courses 300 level or above must be completed at JU
- 42 hours must be 300 level or above
- QEP-Experiential Learning course (3 hours) required for all majors, satisfied by a core, major, minor or elective course
- Cum 2.00 GPA in all coursework at JU
- Cum 2.00 GPA in major area coursework at JU
- Cum 2.00 GPA in minor area coursework at JU