



Department of Kinesiology

Bachelor of Arts in Kinesiology

Kinesiology Major

Concentration in Health and Fitness Promotion

B.A. Kinesiology Program Core Requirements (12 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS 201	Introduction to Kinesiology I	4	F/SP	
KINS 202	Introduction to Kinesiology II	4	SP	
KINS 495	Internship*	4	F/SP	

Concentration in Health and Fitness Promotion (40 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
8 Semester Hours in Health and Well-being Courses:				
KINS 315	Body Image	4	J	
KINS 320	Nutrition, Health, and Performance	4	F	
KINS 324	Physical Activity and Lifespan	4	SP	
KINS 384	Foundations of Health and Fitness Promotion	4	F	
KINS 387	Special Topics in Kinesiology	4	F	
KINS 395	Health Programming and Delivery	4		
8 Semester Hours in Leadership and Application Courses:				
KINS 279	Teaching Physical Activity	2	F	
KINS 301	Fitness and Recreation, Programming and Delivery	4	F	
KINS 302	Sport Programming & Delivery	4	SP	
KINS 326	Adaptive Physical Activity	4	SP	
KINS 334	Applied Training and Conditioning	4	SP	
KINS 314	Team Building for High Performance Teams	4	F	
KINS 388	Special Topics in Kinesiology	4		
KINS 411	Coaching Effectiveness	4		
FTWL	Students may take up to two additional FTWL Courses	2	F/SP	
8 Semester Hours in Biophysical Courses				
KINS 380	Exercise Physiology*	4	F/SP	
KINS 383	Exercise Testing and Prescription	4	J or SP	

KINS 478	Motor Learning and Human Performance	4	F/SP	
KINS 483	Clinical Management for Special Populations	4	SP	
KINS 486	Applied Biomechanics and Kinesiology	4	F/SP	
KINS 487	Special Topics in Kinesiology	4		
8 Semester Hours in Psychosocial Courses:				
KINS 366	Health Psychology	4	F	
KINS 386	Social Psychology of Sport and Physical Activity	4	F/SP	
KINS 390	Applied Exercise and Sport Psychology	4	SP	
KINS 488	Special Topics in Kinesiology	4		
KINS Elective	Elective: 8 semester hours in KINS 300-400 level courses	8	F/SP	

*Students are required to complete BIOL 205 and BIOL 206 as prerequisites to KINS 380 and KINS 495

The Health & Fitness promotion concentration is ideal for students with an applied orientation to our field. students will develop competencies in health & wellbeing as well as leadership. Coursework will address both the biophysical and psychosocial aspects of Kinesiology.

Students selecting Health & Fitness Promotion often pursue careers such as (but not limited to):

**Coach
Community Health Professional
Corporate Fitness Leader
Group Exercise Instructor
Parks & Recreation Director**

**Personal Trainer
Strength & Conditioning Coach
Recreation Director
Wellness Director**



Department of Kinesiology

Bachelor of Arts in Kinesiology

Kinesiology Major

Concentration in Health and Fitness Promotion

****Four Year Plan**

Year	Fall	J-Term	Spring
1			
2			
3			
4			