

# BS in Kinesiology

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51-77 units

## Mission

In the Department of Kinesiology, we believe that exercise, movement, and sport help people thrive by improving health, fitness, and quality of life across the lifespan.

Our mission in the BS in Kinesiology program (<https://www.apu.edu/bas/programs/kinesiology-major/>) is to shape difference makers who care for the whole person—body, mind, and spirit—through the promotion of scholarship and professional practice in the disciplines of kinesiology. To achieve our mission, we equip lifelong learners who are academically engaged, relationally focused, vocationally aware, and wellness-oriented using approaches that are discipline-based and grounded within a Christian worldview.

The BS in Kinesiology program provides strong foundational knowledge and skills related to the science and practical applications of human movement. The program provides excellent preparation for a variety of careers related to exercise, sports, rehabilitation, and health care. To help students achieve their academic and professional goals, the program offers three concentrations:

## Health Professions

The health professions concentration is for students interested in pursuing graduate education and/or careers in physical therapy, occupational therapy, athletic training, chiropractic, physician's assistance, exercise physiology, biomechanics, and other specialties related to kinesiology and allied health. This concentration provides students with a strong theoretical foundation in the sciences, which may fulfill graduate school prerequisites. Students gain practical, hands-on training in kinesiology, including 100 hours of supervised internships at one of our 80 preapproved sites.

*Note: Many graduate school programs require the completion of prerequisite science courses for acceptance. While the health professions concentration is designed to help students complete their graduate school prerequisites, not all graduate school prerequisites may be met by the concentration. Students are responsible for researching the requirements of graduate programs and professions in which they are interested.*

See the coursework requirements for the health professions concentration below.

## Applied Exercise Science

The applied exercise science (AES) concentration prepares students for careers in fitness centers, strength and conditioning programs, coaching, corporate wellness centers, and several allied health professions. Compared with the health professions concentration, AES has fewer science requirements and offers more elective opportunities for pursuing courses related to student areas of interest or for pursuing a minor. Through applied, hands-on coursework, students learn to assess, design, and implement evidence-based fitness programs for clients to achieve optimal health, fitness, and sports performance. Students participate in 100 hours of internship experience at one of our 80 preapproved sites. Because this concentration provides more elective options, students planning to pursue graduate school are also able to take prerequisite coursework to meet entrance requirements.

*Note: Many graduate school programs require the completion of prerequisite courses for acceptance. While the AES concentration allows elective coursework, which can be used to complete graduate school prerequisites, not all graduate school prerequisites may be met by the concentration. Students are responsible for researching the requirements of graduate programs and professions in which they are interested.*

See the coursework requirements for the applied exercise science concentration below.

## BS in Kinesiology/Doctor of Physical Therapy Accelerated Concentration

The BS in Kinesiology/DPT accelerated concentration provides an opportunity for students pursuing a career in physical therapy to meet the requirements for entry into APU's Doctor of Physical Therapy (DPT) program after 3.5 years of undergraduate coursework. Undergraduate students accepted into the DPT program begin DPT coursework in the spring semester of the fourth year of the accelerated concentration. During this spring semester, students take 18 units of required DPT courses, which also count toward the BS in Kinesiology and APU undergraduate graduation requirements. Upon completion of the spring-semester DPT courses, students are awarded the BS in Kinesiology degree and continue in the DPT program.

*Note: Participating in this accelerated concentration does not guarantee admission to APU's DPT program. Students must meet the DPT program's admission requirements (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/physical-therapy/physical-therapy-dpt/>) prior to beginning DPT coursework in the spring semester of the fourth year of the accelerated concentration.*

See the course requirements for the BS in Kinesiology/DPT accelerated concentration below.

## Requirements

In addition to meeting the coursework and graduation requirements of the BS in Kinesiology program, all undergraduate students are required to meet Azusa Pacific University's General Education requirements. Students should visit the General Education section of this catalog (<http://catalog.apu.edu/academics/general-education/general-education-requirements/>) to become familiar with the requirements.

All students must earn a minimum cumulative grade-point average (GPA) of 2.0 in all university coursework attempted, including all required BS in Kinesiology courses.

For students to progress through the BS in Kinesiology curriculum, they must earn a grade of C- or higher in each required course in the major.

Students are allowed two opportunities to repeat a required course in the major. Students who do not earn a C- or higher in a required course in the major after three attempts will be removed from the major (this policy includes late withdrawals).

Only two required courses within the major can be repeated. Students who earn below a C- in any three required courses in the major will be removed from the major (this policy includes late withdrawals).

## Health Professions Concentration

Code	Title	Units
<b>Kinesiology</b>		
FFL 131	Fitness for Life: Kinesiology <sup>1</sup>	1
WRIT 241	Writing 2: Physical Activity and Health Promotion <sup>2</sup>	3
KIN 270	Human Motor Control, Learning, and Development	3
KIN 275	Biomechanics of Human Movement	3
KIN 360	Nutrition for Exercise and Sport Science	3
KIN 363	Physiology of Exercise	4
KIN 364	Kinesiology	4
KIN 473	Fitness and Exercise Prescription	4
KIN 478	Senior Preparation in Kinesiology	2
KIN 490	Writing 3: Research Methods in Kinesiology <sup>3</sup>	3
KIN 495	Internship in Exercise Science <sup>4</sup>	2
<b>Kinesiology Electives</b>		
Select one of the following:		3
KIN 366	Care and Prevention of Athletic Injuries	
KIN 372	Corrective Exercise Strategies	
KIN 380	Concepts of Performance Enhancement	
KIN 424	Disability, Movement, and Inclusive Engagement <sup>5</sup>	
<b>Anatomy and Physiology</b>		
Select one of the following:		8
BIOL 230 & BIOL 231	Human Anatomy and Physiology I and Human Anatomy and Physiology II <sup>6, 7</sup>	
BIOL 250 & BIOL 251	Human Anatomy and Human Physiology <sup>7</sup>	
<b>Biology</b>		
BIOL 151	General Biology I <sup>6, 8</sup>	4
<b>Chemistry</b>		
CHEM 151	General Chemistry I <sup>6, 9</sup>	4
<b>Elective Sciences</b>		
Select two of the following:		6-8
BIOL 152	General Biology II	
BIOL 220	General Microbiology	
BIOL 240	Biology of Microorganisms	
CHEM 152	General Chemistry II	
CHEM 123	General, Organic, and Biological Chemistry for the Health Sciences <sup>6</sup>	
PHYC 155 & PHYC 145	Physics for Life Sciences I and Physics Laboratory I <sup>6, 10</sup>	

PHYC 156 & PHYC 146	Physics for Life Sciences II and Physics Laboratory II	
<b>Math</b>		
MATH 130	Introduction to Statistics <sup>11</sup>	3
<b>Psychology</b>		
PSYC 110 or PSYC 290	General Psychology <sup>12</sup> Human Growth and Development	3
KIN 306 or PSYC 320 or PSYC 330 or PSYC 360 or PSYC 385	Sociological and Psychological Aspects of Physical Activity and Sport Social Psychology Sports Psychology Abnormal Psychology Health Psychology	3

**Total Units** **66-68**

<sup>1</sup> Meets the General Education Fitness for Life requirement.

<sup>2</sup> Meets the General Education Writing 2 requirement.

<sup>3</sup> Meets the General Education Writing 3 requirement.

<sup>4</sup> Meets the General Education Integrative and Applied Learning requirement.

<sup>5</sup> Meets the General Education Civic Knowledge and Engagement requirement.

<sup>6</sup> BIOL 231, BIOL 151, CHEM 151, CHEM 123, and PHYC 155 meet the General Education Natural Sciences requirement.

<sup>7</sup> Either BIOL 230 and BIOL 231 OR BIOL 250 and BIOL 251 must be taken to complete the major's anatomy and physiology requirement.

<sup>8</sup> MATH 95, ALEKS 45, or equivalent is the math prerequisite for BIOL 151.

<sup>9</sup> MATH 110 (*B-* or higher), ALEKS 65, or equivalent is the math prerequisite for CHEM 151.

<sup>10</sup> MATH 110 or an equivalent score on the APU mathematics placement assessment is the math prerequisite for PHYC 155.

<sup>11</sup> Meets the General Education Quantitative Literacy requirement.

<sup>12</sup> Meets the General Education Social Sciences requirement.

## Applied Exercise Science Concentration

Code	Title	Units
FFL 131	Fitness for Life: Kinesiology <sup>1</sup>	1
WRIT 241	Writing 2: Physical Activity and Health Promotion <sup>2</sup>	3
KIN 242	Fundamental Principles of Fitness	3
KIN 270	Human Motor Control, Learning, and Development	3
KIN 275	Biomechanics of Human Movement	3
KIN 360	Nutrition for Exercise and Sport Science	3
KIN 363	Physiology of Exercise	4
KIN 364	Kinesiology	4
KIN 395	Fitness Management	3
KIN 478	Senior Preparation in Kinesiology	2
KIN 490	Writing 3: Research Methods in Kinesiology <sup>3</sup>	3
KIN 495	Internship in Exercise Science <sup>4</sup>	2

### Kinesiology Electives

Select one of the following: 3-4

KIN 366	Care and Prevention of Athletic Injuries	
KIN 372	Corrective Exercise Strategies	
KIN 380	Concepts of Performance Enhancement	
KIN 424	Disability, Movement, and Inclusive Engagement	
KIN 473	Fitness and Exercise Prescription	

### Anatomy and Physiology

Select one of the following: 8

BIOL 230 & BIOL 231	Human Anatomy and Physiology I and Human Anatomy and Physiology II <sup>5, 6</sup>	
BIOL 250 & BIOL 251	Human Anatomy and Human Physiology <sup>6</sup>	

<b>Psychology</b>		
PSYC 110 or PSYC 290	General Psychology <sup>7</sup> Human Growth and Development	3
KIN 306 or PSYC 330	Sociological and Psychological Aspects of Physical Activity and Sport Sports Psychology	3

**Total Units** **51-52**

- <sup>1</sup> Meets the General Education Fitness for Life requirement.
- <sup>2</sup> Meets the General Education Writing 2 requirement.
- <sup>3</sup> Meets the General Education Writing 3 requirement.
- <sup>4</sup> Meets the General Education Integrative and Applied Learning requirement.
- <sup>5</sup> BIOL 231 meets the General Education Natural Sciences requirement.
- <sup>6</sup> Either BIOL 230 and BIOL 231 OR BIOL 250 and BIOL 251 must be taken to complete the major's anatomy and physiology requirement.
- <sup>7</sup> Meets the General Education Social Sciences requirement.

## BS in Kinesiology/Doctor of Physical Therapy Accelerated Concentration

While in the accelerated concentration, students must earn a minimum cumulative grade-point average (GPA) of 3.0 in all university coursework attempted, including all required BS in Kinesiology courses.

For students to progress through the accelerated concentration, they must earn a grade of *B-* or higher in each required course in the concentration.

Students are allowed one opportunity to repeat a required course in the concentration. Students who do not earn a *B-* or higher in a required course after two attempts will be removed from the accelerated concentration (this policy includes late withdrawals).

Only two required courses within the concentration can be repeated. Students who earn below a *B-* in any three required courses in the concentration will be removed from the accelerated concentration (this policy includes late withdrawals).

Once students begin taking 700-level PT courses in the spring semester of the fourth year of the accelerated concentration, they must earn a *B-* or higher in all courses and maintain a minimum GPA of 3.0 in all coursework. Students are allowed to repeat only one 700-level DPT course. Students who earn below a *B-* in two or more courses will be removed from the Doctor of Physical Therapy program and the accelerated concentration.

Students removed from the accelerated concentration will be placed in the Health Professions or Applied Exercise Science concentration to finish out all APU and BS in Kinesiology undergraduate degree requirements (or students can choose another major).

<b>Code</b>	<b>Title</b>	<b>Units</b>
<b>Kinesiology</b>		
FFL 131	Fitness for Life: Kinesiology <sup>1</sup>	1
WRIT 241	Writing 2: Physical Activity and Health Promotion <sup>2</sup>	3
KIN 275	Biomechanics of Human Movement	3
KIN 363	Physiology of Exercise	4
KIN 364	Kinesiology	4
KIN 490	Writing 3: Research Methods in Kinesiology <sup>3</sup>	3
<b>Anatomy and Physiology</b>		
Select one of the following:		8
BIOL 230 & BIOL 231	Human Anatomy and Physiology I and Human Anatomy and Physiology II <sup>4, 5</sup>	
BIOL 250 & BIOL 251	Human Anatomy and Human Physiology <sup>5</sup>	
<b>Biology</b>		
BIOL 151	General Biology I <sup>4, 6</sup>	4
BIOL 152 or BIOL 220 or BIOL 240	General Biology II General Microbiology Biology of Microorganisms	4
<b>Chemistry</b>		
CHEM 151 & CHEM 152	General Chemistry I and General Chemistry II <sup>4, 7</sup>	8
<b>Physics</b>		

PHYC 155 & PHYC 145	Physics for Life Sciences I and Physics Laboratory I <sup>4, 8</sup>	4
PHYC 156 & PHYC 146	Physics for Life Sciences II and Physics Laboratory II	4
<b>Math</b>		
MATH 130	Introduction to Statistics <sup>9</sup>	3
<b>Psychology</b>		
PSYC 110 or PSYC 290	General Psychology <sup>10</sup> Human Growth and Development	3
Select one of the following:		3
PSYC 320	Social Psychology	
PSYC 330	Sports Psychology	
PSYC 360	Abnormal Psychology	
PSYC 385	Health Psychology	
<b>Doctor of Physical Therapy Courses (meet BS in Kinesiology requirements)</b>		
PT 701	Human Anatomy	8
PT 702	Clinical Skills I	6
PT 706	Seminar I	2
PT 707	Professional Relationships	2
<b>Total Units</b>		<b>77</b>

<sup>1</sup> Meets the General Education Fitness for Life requirement.

<sup>2</sup> Meets the General Education Writing 2 requirement.

<sup>3</sup> Meets the General Education Writing 3 requirement.

<sup>4</sup> BIOL 231, BIOL 151, CHEM 151, and PHYC 155 meet the General Education Natural Sciences requirement.

<sup>5</sup> Either BIOL 230 (<https://catalog.apu.edu/search/?P=BIOL%20230>) and BIOL 231 (<https://catalog.apu.edu/search/?P=BIOL%20231>) OR BIOL 250 (<https://catalog.apu.edu/search/?P=BIOL%20250>) and BIOL 251 (<https://catalog.apu.edu/search/?P=BIOL%20251>) must be taken to complete the major's anatomy and physiology requirement.

<sup>6</sup> MATH 95 (<https://catalog.apu.edu/search/?P=MATH%2095>), ALEKS 45, or equivalent is the math prerequisite for BIOL 151.

<sup>7</sup> MATH 110 (<https://catalog.apu.edu/search/?P=MATH%20110>) (B- or higher), ALEKS 65, or equivalent is the math prerequisite for CHEM 151.

<sup>8</sup> MATH 110 (<https://catalog.apu.edu/search/?P=MATH%20110>) or an equivalent score on the APU mathematics placement assessment is the math prerequisite for PHYC 155.

<sup>9</sup> Meets the General Education Quantitative Literacy requirement.

<sup>10</sup> Meets the General Education Social Sciences requirement.

## Program Learning Outcomes

### Program Learning Outcomes

Students who successfully complete this program shall be able to:

1. Develop an understanding of our Biblical responsibility regarding the care of the human body.
2. Demonstrate proficiency in principles of kinesiology.
3. Design and implement exercise programs for a variety of populations and settings.
4. Evaluate movement patterns and physical fitness using effective assessment techniques.
5. Analyze issues in exercise science using an evidence-based approach.
6. Explain how psycho-social factors influence personal health, wellness, and performance.
7. Interact professionally with a variety of constituents, such as students, clients, patients and colleagues.