BS in Kinesiology

51-68 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. In order to help students achieve their academic and professional goals, the program offers two 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.

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.

Requirements

- Students are required to complete 120 units in order to obtain an undergraduate degree at Azusa Pacific University.
- For students to progress through the curriculum, they must earn a grade of *C-* or higher in each required course in the major.
- Students who do not earn a *C-* or higher in such a course after three attempts will be removed from the major.
- Students are required to follow the proper course sequencing and meet all prerequisites prior to completing the subsequent courses in the curriculum.
- CPR and First Aid certifications must be current prior to beginning any department-supervised internships or service-learning experiences. First Aid certification must be completed through the American Red Cross.
- All students are subject to other policies and procedures related to the major as determined by the program director and the Department of Kinesiology.

See the coursework requirements for the health professions and applied exercise science concentrations below. For more information about the BS in Kinesiology, visit the program website (https://www.apu.edu/bas/programs/kinesiology-major/).

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.

For students to progress through the curriculum, they must earn a grade of *C-* or higher in each required course in the major. Students who do not earn a *C-* or higher in such a course after three attempts will be removed from the major.

Health Professions Concentration

Code	Title	Units
Kinesiology		
FFL 131	Fitness for Life: Kinesiology [1]	1
WRIT 241	Writing 2: Physical Activity and Health Promotion [2]	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 [3]	3
KIN 495	Internship in Exercise Science [4]	2
Kinesiology Electives		
KIN 366	Care and Prevention of Athletic Injuries	3
or KIN 372	Corrective Exercise Strategies	
or KIN 380	Concepts of Performance Enhancement	
Anatomy and Physiology		
Select one of the following:		8
BIOL 230 & BIOL 231	Human Anatomy and Physiology I and Human Anatomy and Physiology II [5,6]	
BIOL 250 & BIOL 251	Human Anatomy and Human Physiology [6]	
Biology		
BIOL 101	Biology and Society [5]	4
or BIOL 151	General Biology I	
Chemistry		
CHEM 101	Chemistry and Society [5]	4
or CHEM 151	General Chemistry I	
Elective Sciences		
Select two of the following: [9]		6-8
BIOL 151	General Biology I [5]	
BIOL 152	General Biology II	
BIOL 220	General Microbiology	
BIOL 240	Biology of Microorganisms	
BIOC 360	Principles of Biochemistry	
CHEM 151	General Chemistry I [5]	
CHEM 152	General Chemistry II	
CHEM 123	General, Organic, and Biological Chemistry for the Health Sciences [5]	
CHEM 251	Organic Chemistry: Theory I	
CHEM 252	Organic Chemistry: Theory II	
PHYC 151	Physics for Life Sciences I [5]	
PHYC 152	Physics for Life Sciences II	
Math		
MATH 130	Introduction to Statistics [7]	3
Psychology		
PSYC 110	General Psychology [8]	3
or PSYC 290	Human Growth and Development	
KIN 306	Sociological and Psychological Aspects of Physical Activity and Sport	3

or PSYC 330	Sports Psychology	
or PSYC 360	Abnormal Psychology	
Total Units		**66-68**

1 Meets the General Education Physical Education requirement.
2 Meets the General Education Writing 2 requirement.
3 Meets the General Education Writing 3 requirement.
4 Meets the General Education Integrative and Applied Learning requirement.
5 Meets the General Education Natural Sciences requirement.
6 Either BIOL 230 and BIOL 231 OR BIOL 250 and BIOL 251 must be taken to complete the major's anatomy and physiology requirement.
7 Meets the General Education Quantitative Literacy requirement.
8 Meets the General Education Social Sciences requirement.
9 Foundational science courses taken during the first year in our course sequence cannot be used for this category. A student can, however, take a higher-level course in the same area of study. Example #1: BIOL 101 in first year and BIOL 151 as elective. Example #2: BIOL 151 in first year and BIOL 152 as elective.

Applied Exercise Science Concentration

Code	Title	Units
FFL 131	Fitness for Life: Kinesiology [1]	1
WRIT 241	Writing 2: Physical Activity and Health Promotion [2]	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 [3]	3
KIN 495	Internship in Exercise Science [4]	2
Kinesiology Electives		
KIN 366	Care and Prevention of Athletic Injuries	3-4
or KIN 372	Corrective Exercise Strategies	
or KIN 380	Concepts of Performance Enhancement	
or 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 [5,6]	
BIOL 250 & BIOL 251	Human Anatomy and Human Physiology [6]	
Psychology		
PSYC 110	General Psychology [7]	3
or PSYC 290	Human Growth and Development	
KIN 306	Sociological and Psychological Aspects of Physical Activity and Sport	3
or PSYC 330	Sports Psychology	
Total Units		**51-52**

1 Meets the General Education Physical Education requirement.
2 Meets the General Education Writing 2 requirement.
3 Meets the General Education Writing 3 requirement.
4 Meets the General Education Integrative and Applied Learning requirement.
5 Meets the General Education Natural Sciences requirement.
6 Either BIOL 230 and BIOL 231 OR BIOL 250 and BIOL 251 must be taken to complete the major's anatomy and physiology requirement.

7 Meets the General Education Social Sciences requirement.

Program Learning Outcomes

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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.