

## BS IN HUMAN PERFORMANCE AND FITNESS PLAN OF STUDY

This is the suggested plan of study to graduate in four years with a Bachelor of Science in Human Performance and Fitness. This plan assumes the student has not taken three years of foreign language in high school.

Please [consult the online course catalog](#) for detailed course descriptions.

### YEAR ONE

Fall	Credit	Spring	Credit
+ENGL 101 English Composition	3	+Humanities elective	3
+BIOL 101, 112, or 199	4	+PSYC 105 Introductory Psychology	3
+MATH 171 Elementary Functions	3	+COMM 129, 132, 203, 228, or 329	3
Elective	2-3	PHIL 101, 201, 207, 208, 210, or 217	3
KIN 101 Foundations of Kinesiology	2	+IL 101 Information Literacy	1
		+KIN 149 Wellness Concepts	1
<b>Total Credits</b>	<b>14-15</b>	<b>Total Credits</b>	<b>14</b>

## YEAR TWO

Fall	Credit	Spring	Credit
KIN 275 Methods in Group Fitness Leadership, <b>OR</b> KIN 217 Prevention and Care of Athletic Injuries	2	+Humanities Elective	3
WI-KIN 240 Nutrition Concepts (must take at SAU)	3	BIOL 205 Essentials of Anatomy and Physiology	4
KIN 282 Health, Illness, and Well-Being Across the Lifespan	3	STAT 213 Applied Statistics	3
Elective	3	KIN 216 Exercise and Sport Psychology	3
+Foreign Language or Elective	3	+Foreign Language or Elective	3
<b>Total Credits</b>	<b>16</b>	<b>Total Credits</b>	<b>16</b>

## YEAR THREE

Fall	Credit	Spring	Credit
WI-KIN 366 Applied Exercise Physiology (must take at SAU)	4	+THEO 101, 102, 103, 107, 110, 120, 130, 132, or 160	3
KIN 258 Principles and Methods in Personal Training	3	KIN 350 Scientific Principles of Strength and Conditioning	3
KIN 361 Functional and Structural Kinesiology	3	Elective	3
PHIL/THEO/Catholic Studies Elective	3	+Humanities Elective	3
Elective	3	+Creative Arts elective	2-3
		+KIN Physical Activity Course	1
<b>Total Credits</b>	<b>16</b>	<b>Total Credits</b>	<b>15-16</b>

## YEAR FOUR

<b>Fall</b>	<b>Credit</b>	<b>Spring</b>	<b>Credit</b>
KIN 392 Exercise Testing and Prescription	3	KIN 418 Internship	3
KIN 409, 410, or 412	3	KIN 406 Exercise Prescription and Program Design	3
KIN 363 The Law in Sport, PE, Exercise Science, and Leisure	3	+PHIL/THEO/Catholic Studies Elective 300-level	3
MGMT 310, MKTG 209, or KIN 307	3	Elective	3
Elective	3		
<b>Total Credits</b>	<b>15</b>	<b>Total Credits</b>	<b>12</b>

+ = Satisfies general education requirement

WI = Writing intensive