

Kinesiology- Bachelor of Science in Kinesiology, Nutrition, and Health

The Kinesiology major leads to a Bachelor of Science in Kinesiology, Nutrition and Health. This major is for students interested in the scientific aspects of human movement. Kinesiology focuses on the acquisition of knowledge and understanding of interactions of physiological, anatomical, neuropsychological, and biomechanical factors that affect human health and performance. Skills learned in the classroom, laboratory and internships include assessing and developing effective strategies for enhancing health, improving performance, preventing diseases related to sedentary behavior and promoting the recovery of health in rehabilitation settings. State-of-the-art laboratories complement the classroom and foster critical thinking, reasoning, and other basic principles of liberal education, instrumental in careers in and outside of Kinesiology.

Program Requirements

Code	Title	Credit Hours
Requirements outside the KNH Dept.		
BIO 161 or BIO 305	Principles of Human Physiology Human Physiology	4
CHM 141	College Chemistry	3
CHM 144	College Chemistry Laboratory	2
CHM 142	College Chemistry	3
CHM 145	College Chemistry Laboratory	2
PHY 161	Physics for the Life Sciences with Laboratory I	4
PSY 111 & PSY 112	Introduction to Psychology and Foundational Experiences in Psychology	4
STA 261	Statistics	4
Requirements in KNH		
KNH 184	Motor Skill Learning and Performance	3
KNH 188	Physical Activity and Health	3
KNH 244	Functional Anatomy	3
KNH 244L	Functional Anatomy Laboratory	1
KNH 381	Biodynamics of Human Performance	3
KNH 381L	Biodynamics of Human Performance Lab	1
KNH 382	Physical Activity & Fitness Assessment	3
KNH 382L	Physical Activity & Fitness Assessment Laboratory	1
KNH 468	Physiology of Exercise and Physical Activity	3
KNH 468L	Physiology of Exercise and Physical Activity Laboratory	1
KNH 482	Exercise Prescription: Healthy Individuals & Individuals with Chronic Diseases/Disorders	3
Related courses in Kinesiology Area		
Select six hours of the following:		6

KNH 202	Nutrition Across the Life Span
KNH 218	Applied Health Behavior Change
KNH 321	National and Global Health Policy
KNH 329	Psychological Perspectives on Health
KNH 405	Advanced Nutrition I: Macronutrient Metabolism
KNH 406	Advanced Nutrition II: Micronutrient and Phytochemical Metabolism
KNH 409	Nutrition for Sports and Fitness
KNH 442	Strength Training and Conditioning
KNH 465	Musculoskeletal Disorders and Exercise
KNH 480	Mechanics of Musculoskeletal Injury
KNH 483	Advanced Motor Control and Learning
KNH 491	Injury Recognition and Patient Care
PHY/KNH 141	Physics in Sports

Total Credit Hours 57