



Applied Kinesiology

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Major

The Applied Kinesiology concentration is designed for the student who is interested in attaining positions in non-teaching physical education, health education, and other fitness-related fields. The program is housed in the Kinesiology and Human Performance Department. Students enrolled in the program will develop an understanding of the various components of health and fitness-related services by providing students with field experiences where they will be mentored by professionals from their chosen field.

The program of study aims to develop the concepts and theories of sport activities, along with the health and wellness behaviors of the general public. Students will acquire the skills needed to develop and/or assist other health and fitness professionals in publicly or privately owned and operated businesses in the community.

GET INVOLVED IN YOUR MAJOR

The Exercise Science Club provides students in the fitness, exercise science, and wellness fields opportunities to discuss current topics in the profession and provide community outreach programs.

Plan of Study

First Year			
Fall	Credits	Spring	Credits
English Composition (Gen Ed)	3	ENGL 125 (Gen Ed)	3
HPER 100 (Gen Ed)	2	Art and Music (Gen Ed)	3
MATH 104, 107, or 210 (Gen Ed)	3	HPER 206	3
Computer Science and Literacy (Gen Ed)	3	Lab Science (Gen Ed)	4
UNIV 150	1	Speech Communication (Gen Ed)	3
	12		16
Second Year			
Fall	Credits	Spring	Credits
HPER 109	3	HPER 208	3
HPER 207	2	HPER 220	3
HPER 212	2	HPER 259	3
HPER 258	3	Literacies (Gen Ed)	3
HPER 285	3	Social Science (Gen Ed)	3
PSYC 111 (Gen Ed)	3		
	16		15
Third Year			
Fall	Credits	Spring	Credits
HPER 300	3	HPER 210	1
HPER 325	3	HPER 215	3
HPER 350	2	HPER 309	3

HPER 380	3	HPER 314	3
Lab Science (Gen Ed)	4	HPER 388	2
		Electives	4-5
	15		16-17
Fourth Year			
Fall	Credits	Spring	Credits
Electives	9	Additional Humanities or Social Science (Gen Ed)	2-3
HPER 400	3	Directed Elective	10
HPER 410	3	HPER 315	3
	15		15-16
Total Credits 120-122			

