



HOUSTON CHRISTIAN UNIVERSITY DEGREE PROGRAM PLAN
BACHELOR OF SCIENCE (BS)
KINESIOLOGY ALLIED HEALTH MAJOR

NAME: _____ H# _____ DATE: _____

CATALOG YEAR: **2023/2024**

Candidates for a single major undergraduate baccalaureate degree must complete a total of at least 125 credit hours along with the following requirements:

- No fewer than 30 semester hours of upper / advanced level (3000 or 4000) courses.
- No more than 6 credit hours in Kinesiology activity courses or other student activity hours will count towards the 125 credit hour requirement.
- Complete the Liberal Arts Core Requirements (certain majors may have their own prescribed Liberal Arts Core Requirements--please see your advisor in your major.)
- Complete a minimum of 30 hours or 25% of the required hours, whichever is greater, of residency at HCU including at least 12 advanced credit hours in the major.
- Cumulative GPA of at least 2.50 with no grade below "C" in courses required for the major or proficiency.
- If completing a MINOR, at least 9 upper level hours of RESIDENCY at HCU included in the MINOR w/grade of C or higher in all courses.

Once admitted and enrolled at HCU, each student MUST:

- Receive prior approval for any courses taken at another college (once an undergraduate student has enrolled at HCU, no more than 18 semester hours total will be accepted for transfer credit.)
- File a degree plan with the Office of Academic Records before 64 credit hours have been completed.
- File a graduation application at least one (1) semester before anticipated date of graduation.

LIBERAL ARTS CORE REQUIREMENTS:

“**” Indicates course must be completed with a “C” or higher

COURSES	Hours	COURSES	Hours
*ENGL 1313 Composition and Literature I	3	*MATH 1313 College Algebra or <u>higher</u>	3
*ENGL 1323 Composition and Literature II	3	GOVT 2313 American and Texas Government	3
ENGL 2315 or 2325 Great Works of Literature I or II	3	HIST 2311 Western Civilization I	3
PSYC 1313 General Psychology	3	HISTORY: Choose 1 from HIST 2312, HIST 2313 or HIST 2323	3
PHIL 1313 Introduction to Philosophy	3	ART 2343 Art Appreciation or MUSI 1331 Music Appreciation	3
4 hours lab science (BIOL 2314/2114 required)	4	COMM 1323 Rhetoric and Public Speaking	3
CHRI 1301 Introduction to the Bible	3		
CHRI 2373 Christian Theology and Tradition	3	TOTAL HOURS IN LIBERAL ARTS CORE	43

Students transferring to Houston Christian University with 45 hours or more of transferable college credit are only required to take CHRI 3300, *Introduction to the Bible and Theology*, to meet their Smith College of Liberal Arts Christianity requirements.

MAJOR REQUIREMENTS:

COURSE NO.	COURSE NAME	HRS
KINE 1310	Basic Health Assessment and Terminology	3
KINE 2202	Creating a Wellness Lifestyle	2
KINE 2310	Foundations of Kinesiology	3
KINE 2334	Tests & Measurements in Kinesiology	3
KINE 2340	Health Psychology	3
KINE 3301	Prevention and Treatment of Sports Injuries	3
KINE 3305	Nutrition for Health	3
KINE 3310	Exercise Prescription	3
KINE 3342	Wellness for Special Populations	3
KINE 3393	Physiology of Exercise	3
KINE 3395	Kinesiology: Applied Biomechanics	3
KINE 3345 <u>or</u> KINE 4323	Introduction to Physical Therapy <u>or</u> Motor Learning	3
KINE 4341	Kinesiology Internship	3
KINE 4363 <u>or</u> SOC 1313	Sport Sociology <u>or</u> Principles of Sociology	3
KINE 4365	Research Methods of Kinesiology	3
KINE 4370	Research in Kinesiology	3
BIOL 2304	Human Anatomy and Physiology I	3
BIOL 2104	Human Anatomy and Physiology I Lab	1
MATH 3304 <u>or</u> PSYC 2301	Introductory Statistics for the Life Sciences <u>or</u> Introductory Statistics for the Behavioral Sciences	3

28 hours of elective courses chosen from: BIOL 2354 General Biology I BIOL 2154 General Biology I Lab BIOL 2355 General Biology II BIOL 2155 General Biology II Lab CHEM 2315 General Chemistry I CHEM 2115 General Chemistry I Lab CHEM 2316 General Chemistry II CHEM 2116 General Chemistry II Lab PHYS 1416 General Physics I PHYS 1417 General Physics II MATH 1323 Trigonometry MATH 1434 Precalculus Mathematics MATH 1451 Calculus I BIOL 3414 Microbiology BIOL 3301 Cellular and Molecular Biology BIOL 3101 Cellular and Molecular Biology CHEM 3313 Organic Chemistry I CHEM 3333 Organic Chemistry II BCMB 4464 Immunology BIOL 2214 Medical Terminology BIOL 3444 Genetics BIOL 3335 Nutrition and Metabolism KINE 3305 Nutrition for Health KINE 4323 Motor Learning PSYC 2364 Abnormal Psychology	PSYC 3313 Human Growth and Development PSYC 4353 Physiological Psychology KINE 3360 Sport Administration KINE 4363 Sport Sociology SOCI 1313 Principles of Sociology KINE 3365 Practical ECG Interpretation KINE 3398 Foundations of Health	28
Total Hours Major		54
Elective Hours Required		28
TOTAL HOURS IN DEGREE		125

OTHER GRADUATION REQUIREMENTS

Any departmental exams (Math for Nurses, Standardized)

Community Life & Worship (CLW): 80 credits by graduation (Worship Events - at least 50 CLW credits & Community Life Events – no more than 30 CLW credits)
 A max of 60 CLW credits can be earned through CLEP, dual credits & transfer credit that is accepted through the HCU Office of Academic Records.

Freshman Year Seminar, FYS 1300, is required for all students entering with less than thirty (30) completed semester hours. College credit earned prior to high school graduation does not count toward the 30-hour credit. 100% online students will take a three -hour course, **ONLN 1300** Introduction to Online Learning, in place of FYS 1300.

APPROVED BY:

ADVISOR _____	DATE _____	DEAN _____	DATE _____
I HAVE READ AND AGREE TO ABIDE BY ALL REQUIREMENTS ON THE DEGREE PLAN			
STUDENT SIGNATURE _____	DATE _____		
THIS DEGREE PLAN IS NOT VALID UNTIL RECEIVED & PROCESSED BY THE OFFICE OF ACADEMIC RECORDS		PROCESSED BY _____	DATE _____