HOUSTON CHRISTIAN UNIVERSITY DEGREE PLAN
BACHELOR OF SCIENCE (BS) IN KINESIOLOGY – WELLNESS MANAGEMENT
CATALOG YEAR: 2024-2025

NAME: _____ **H#:** _____ **DATE:** _____

Candidates for a single major undergraduate baccalaureate degree must complete a total of at least 120 credit hours along with the following requirements:

- No fewer than 30 semester hours of upper-level (3000 or 4000) courses.
- No more than 6 credit hours in Kinesiology activity courses or other student activity hours will count towards the 120-credit hour requirement.
- Complete the Liberal Arts Core Requirements
- Complete a minimum of 30 hours or 25% of the required hours, whichever is greater, of residency at HCU including at least 12 upper-level hours in the major.
- Cumulative GPA of at least 2.00 with no grade below "C" in courses required for the major.
- If completing a MINOR, at least 9 upper-level hours of residency at HCU included in the minor with a 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 institution (up to 18 total credit hours only).
- File a degree plan with the Office of Academic Records before 60 credit hours have been completed.
- File an application to graduate at least one (1) semester before anticipated date of graduation.

LIBERAL ARTS CORE REQUIREMENTS: *Course must be completed with a "C" or higher

COURSES	HOURS	COURSES	HOURS
*ENGL 1313 Composition & Literature I	3	*MATH 1305 Math for Critical Thinking or Higher	3
*ENGL 1323 Composition & Literature II	3	4 hours Natural Science with Lab (BIOL 2314/2114 recommended)	4
ENGL 2315 or 2325 Great Works of Literature I or II	3	GOVT 2313 American & Texas Government	3
PSYC 1313 General Psychology	3	HIST 2311 Western Civilization I	3
PHIL 1313 Introduction to Philosophy	3	Additional History Course (Choose 1): HIST 2312, HIST 2313, HIST 2323	3
CHRI 1301 Introduction to the Bible	3	ART 2343 Art Appreciation or MUSI 1331 Music Appreciation	3
CHRI 2373 Christian Theology & Tradition	3	COMM 1323 Rhetoric & Public Speaking	3
		TOTAL HOURS IN LIBERAL ARTS CORE	**43**

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

MAJOR REQUIREMENTS: All courses within major must be completed with a "C" or higher

COURSE #	COURSE NAME	HOURS
BIOL 2304	Human Anatomy & Physiology I	3
BIOL 2104	Human Anatomy & Physiology I Lab	1
KINE 1310	Basic Health Assessment & Terminology	3
KINE 2202	Creating a Wellness Lifestyle	2
KINE 2310	Foundations of Kinesiology	3
KINE 2334	Tests & Measurements in Kinesiology	3
KINE 2336	Strategies & Principles of Coaching	3
KINE 2340	Health Psychology	3
KINE 3301	Prevention & Treatment of Sports Injuries	3
KINE 3305	Nutrition for Health	3
KINE 3310	Exercise Prescription	3
KINE 3342	Wellness for Special Populations	3
KINE 3360	Administration in Sports & Kinesiology	3
KINE 3393	Physiology of Exercise	3
KINE 3395	Kinesiology: Applied Biomechanics	3
KINE 4323	Motor Learning	3
KINE 4341	Kinesiology Internship	3
KINE 4363	Sports Sociology	3
KINE 4365	Research Methods in Kinesiology	3
	TOTAL HOURS IN MAJOR	**54**
	ELECTIVE HOURS REQUIRED	**23**
	TOTAL HOURS IN DEGREE	**120**

OTHER GRADUATION REQUIREMENTS:

- Community Life and Worship (CLW) points: 80 credits required for graduation (at least 50 points must be CLW-A earned through worship events, up to 30 points may be CLW-B earned through community life events).
- FYS 1300 Freshman Year Seminar is required for all students enrolling at HCU with fewer than thirty (30) completed semester hours. College credit earned prior to high school graduation does not count toward the 30-hour requirement. Students enrolled in 100% online degree programs will take a three-hour course, ONLN 1300 Introduction to Online Learning, in place of FYS 1300.

BY SIGNING BELOW, YOU ACKNOWLEDGE THAT YOU HAVE READ AND AGREE TO ABIDE BY ALL REQUIREMENTS ON THE DEGREE PLAN. THIS DEGREE PLAN IS NOT VALID UNTIL RECEIVED & PROCESSED BY THE OFFICE OF ACADEMIC RECORDS.

_____ _____
STUDENT SIGNATURE **DATE**

_____ _____
DEAN OF COLLEGE **DATE**

_____ _____
ACADEMIC ADVISOR **DATE**

Office of Academic Records Use Only
Processed by: _____ **Date:** _____

OFFICIAL DEGREE PLAN