

HOUSTON CHRISTIAN UNIVERSITY DEGREE PLAN
BACHELOR OF SCIENCE (BS) IN KINESIOLOGY – WELLNESS MANAGEMENT
CATALOG YEAR: 2025-2026

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

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-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
- 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 and Literature I	3	*MATH 1313 College Algebra or higher	3
*ENGL 1323 Composition and Literature II	3	BIOL 2314/2114 Human Anatomy and Physiology II with Lab	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 (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
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 & 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 or KINE 4323	Introduction to Physical Therapy or Motor Learning	3
KINE 4341	Kinesiology Internship	3
KINE 4363 or SOCI 1313	Sports Sociology or Principles of Sociology	3
KINE 4365	Research Methods in 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 or PSYC 2301	Introductory Statistics for the Life Sciences or Introductory Statistics for the Behavioral Sciences	3
	28 hours of elective courses chosen from: <div style="display: flex; flex-wrap: wrap;"> <div style="flex: 1; min-width: 200px;"> 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 </div> <div style="flex: 1; min-width: 200px;"> MATH 1434 Precalculus Mathematics MATH 1451 Calculus I BIOL 3414 Microbiology BIOL 3301 Cellular & Molecular Biology BIOL 3101 Cellular & Molecular Biology Lab CHEM 3313 Organic Chemistry I CHEM 3333 Organic Chemistry II BCMB 4464 Immunology BIOL 2214 Medical Terminology BIOL 3444 Genetics BIOL 3335 Nutrition & Metabolism </div> <div style="flex: 1; min-width: 200px;"> KINE 4323 Motor Learning PSYC 2364 Abnormal Psychology PSYC 3313 Human Growth & 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 </div> </div>	28
	TOTAL HOURS IN MAJOR	82
	TOTAL HOURS IN DEGREE	125

OTHER GRADUATION REQUIREMENTS:

- Community Life and Worship (CLW) credits: 80 credits required for graduation (at least 50 credits must be CLW-A earned through worship events, up to 30 credits 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 _____

ACADEMIC ADVISOR _____

DATE _____

Office of Academic Records Use Only

Processed by: _____ Date: _____