

Bachelor of Science (BS) in Kinesiology – Wellness Management

2026-2027 Official Degree Plan

Liberal Arts Core Curriculum (LACC) Requirements

HCU's Liberal Arts Core Curriculum guides students to more fully know and make known:

- **God**, the Creator and Redeemer, as he has revealed Himself in his Son, by the Holy Spirit, through the Scriptures and His World. *Core outcomes:* Biblical literacy ¹, Christian wisdom ², and theological proficiency ³.
- **God's Creation** by examining and engaging with the design, intricacy, and coherence of his world. *Core outcomes:* Scientific ⁴, quantitative ⁵, and aesthetic literacy ⁶.
- **Humans as God's Image Bearers** by investigating and celebrating human dignity, interdependence, and flourishing through their status as created, purposeful beings. *Core outcomes:* Investigation and celebration of human dignity ⁷, interdependence ⁸, and flourishing ⁹ through the cultivation of charity, humility, and verbal literacy.

For more information about the mission and philosophy of our Liberal Arts Core Curriculum, please visit the [Core Curriculum website](#).

COURSES	OUTCOMES	HOURS
CHRI 1301 Introduction to the Bible*	1 2 3 7 8 9	3
CHRI 2373 Christian Theology and Tradition*	1 2 3 7 9	3
PHIL 1313 Introduction to Philosophy	2 3 6 7 8 9	3
Natural Science with Lab (BIOL 2314/2114 recommended)	2 4 5 6	4
MATH 1305 Math for Critical Thinking (or higher)*	2 4 5 6	3
ART 2343 Art Appreciation or MUSI 1331 Music Appreciation (choose one)	2 6 8 9	3
ENGL 1313 Composition and Literature I*	1 2 3 6 7 8 9	3
ENGL 1323 Composition and Literature II*	1 2 6 7 8 9	3
ENGL 2315 Great Works of Literature I or ENGL 2325 Great Works of Literature II (choose one)	1 2 3 6 7 8 9	3
GOVT 2313 American and Texas Government	2 7 8 9	3
COMM 1323 Rhetoric and Public Speaking	2 6 7 8 9	3
HIST 2311 Western Civilization I	1 2 6 7 8 9	3
HIST 2312 Western Civilization II, or HIST 2313 US History to 1877, or HIST 2323 US History from 1877 (choose one)	2 3 6 7 8 9	3
PSYC 1313 General Psychology	1 2 3 4 7 8 9	3
Total LACC Hours		43

* Course must be completed with "C" or higher

* Students transferring to HCU with 45 or more hours of transferrable college credit will take only CHRI 3300 Introduction to Bible and Theology ^{1 2 3 7 9} to meet their LACC Christianity requirements. This lowers the LACC requirement to 40 credit hours, but the student must still complete the total required hours for the degree.

Major Requirements

(all courses required for major must be completed with "C" or higher)

COURSES	HOURS
BIOL 2304 Human Anatomy and Physiology I	3
BIOL 2104 Human Anatomy and Physiology I Lab	1
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 2336 Strategies and 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 and Kinesiology	3
KINE 3393 Physiology of Exercise	3
KINE 3395 Kinesiology: Applied Biometrics	3
KINE 4323 Motor Learning	3
KINE 4341 Kinesiology Internship	3
KINE 4363 Sports Sociology	3
KINE 4365 Research Methods in Kinesiology	3
Total Major Hours	54
Required Elective Hours	23
Total Hours in Degree	120

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Additional Graduation Requirements

1. At least 120 total credit hours, including 30 credit hours of upper-level (3000 or 4000) courses.
2. 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). CLW events offered each semester are listed on the [Spiritual Life CLW website](#).
3. FYS 1300 Freshman Year Seminar is required for all students enrolling at HCU with fewer than thirty (30) credit hours. College credit earned prior to high school graduation (e.g., dual credit) does not count toward the 30-hour requirement. Students enrolled in 100% online degree programs will take ONLN 1300 Introduction to Online Learning in place of FYS 1300.
4. At least 30 credit hours or 25 percent of the total credit hours required for an undergraduate degree (whichever is greater) must be earned at HCU, including at least 12 credit hours of upper-level courses in the major with a grade of "C" or better in each course.
5. Cumulative GPA of at least 2.00 with no grade below "C" in courses required for the major or as noted on the degree plan.
6. Once admitted and enrolled at HCU, no more than 18 credit hours may be transferred from another institution. Students should consult with their academic advisor prior to enrolling in courses at another institution.

Filing a Degree Plan

All undergraduate students must have an official signed and approved degree plan on file with the Office of Academic Records by the time they complete 64 credit hours. Students should contact their academic advisor to begin the process. If seeking a double degree, double major, minor, or certificate, an official degree plan must be filed for each program of study. For questions, email degreeplans@HC.edu.

Applying for Graduation

Undergraduate students should apply for graduation through the HCU student self-service portal at least one semester before their anticipated graduation date. An official degree plan must be on file before the application can be accessed. More information about applying for graduation, including deadlines, can be found on the [Graduation Application website](#). For questions, email grad@HC.edu.

Degree Works

Access Degree Works through the [HCU Student Portal \(my.HC.edu\)](#) to view your degree plan status, graduation application status, and track your progress to graduation. For questions, contact your academic advisor.

University Catalog

The University Catalog is the official record of academic policies. Students are responsible for familiarizing themselves with the information in the catalog, including attendance policies, transfer credit policies, academic standing information, and course descriptions. The catalog can be found on the [HCU Catalog website](#).

Acknowledgment and Signatures

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 and processed by the Office of Academic Records.

Student Name (Printed)

Student H#

HCU Email

Student Signature

Date

Advisor Signature

Date

Office of Academic Records Use Only

Processed By: _____

Date: _____