

KINESIOLOGY, B.S.

Mission

The mission of the Kinesiology major is to develop Biblically-centered, highly skilled, and capable scholars, trained to positively impact societal health as Christ-centered professionals and innovative leaders. Our integrative educational approach through classroom, research, and field experiences will prepare students for advanced studies in graduate education, and occupations in healthcare, human performance, and exercise science professions.

Degree Program

A Bachelor of Science degree in Kinesiology (<https://www.biola.edu/degrees/u/kinesiology-bs/>) is offered upon completion of the University baccalaureate and major requirements.

Learning Outcomes

Program Learning Outcomes

Upon completion of the Bachelor of Science in Kinesiology, students will be able to:

1. Identify fundamental scientific concepts and principles (anatomical and physiological) of human movement and performance (ULO 1).
2. Apply knowledge of the human body to determine various health and exercise parameters for individuals, and demonstrate proficiency in measuring and evaluating relevant human performance variables (ULO 3).
3. Synthesize, analyze, and interpret information for critical problem solving in human performance based contexts (ULO 1).
4. Integrate Scripture and personal faith with disciplined-based knowledge pertaining to human performance and capability (ULO 2).

Each Program Learning Outcome (PLO) listed above references at least one of the University Learning Outcomes (ULO 1, 2, 3), which may be found in the General Information (<http://catalog.biola.edu/general-information/>) section of this catalog.

Requirements

GPA Requirements

All major requirements must be completed with a "C-" or better grade.

Curriculum Requirements

Code	Title	Credits
Program-Specific Core Curriculum Courses		
Kinesiology and Health Science Core Curriculum requirement is met by KNES 213 (see concentration tables below).		
PHSC 111	Physics I	
PHSC 117	Physics I Laboratory	
PSYC 200	Introduction to Psychology	
MATH 210	Introduction to Probability and Statistics	
or MATH 318	Biostatistics	
CHEM 105	General Chemistry I ¹	

¹ Health and Human Performance concentration students may choose CHEM 120.

Concentrations

Health and Human Performance (54 Credits)

The concentration in Health and Human Performance is ideal for students who wish to work in health and fitness, wellness promotion or strength and conditioning, and serves as preparation for graduate study in exercise physiology, athletic training, and other kinesiology-related disciplines.

This concentration requires 54 credits, 37 of which must be upper-division.

Code	Title	Credits
Program Courses		
BIOS 254	Human Anatomy	4
BIOS 281	Physiology	4
KNES 213	Scientific Principles of Health and Fitness ¹	3
KNES 301	Kinesiology	3
KNES 302	Exercise Physiology	3
KNES 303	Exercise Physiology Laboratory	1
KNES 329	Psychology of Exercise and Health	3
KNES 337	Exercise in Health and Disease	3
KNES 351	Strength and Conditioning Program Design	3
KNES 401	Care and Prevention of Athletic Injuries	3
KNES 434	Leadership in Sport and Human Movement	3
KNES 440	Nutrition and Human Metabolism	3
KNES 446	Functional Assessment and the Prescription of Exercise	3
KNES 447	Functional Assessment and Prescription of Exercise Laboratory	1
KNES 449	Clinical Exercise Physiology	3
Select 2 credits from the following:		2
KNES 480	Directed Study	
KNES 485	Internship	
KNES 499	Directed Research in Kinesiology and Public Health	
Elective Courses: Select 9 credits from the following (6 of the 9 credits must be upper-division) ²		9
BIOS 111	Fundamentals of Cellular and Molecular Biology	
BIOS 113	Fundamentals of Cellular and Molecular Biology Laboratory	
BIOS 112	Fundamentals of Organismal Biology	
BIOS 114	Fundamentals of Organismal Biology Laboratory	
BIOS 282	Microbiology	
BIOS 310	Prosection	
BIOS 311	Neurobiology	

BIOS 312	Cell and Molecular Biology
BIOS 322	Laboratory in Cell and Molecular Biology
BIOS 332	Genetics
BUSN 211	Principles of Accounting I
BUSN 230	Introduction to Marketing
BUSN 231	Introduction to Marketing: Practical Application
BUSN 240	Principles of Management
CHEM 106	General Chemistry II
CHEM 301	Organic Chemistry I
CHEM 302	Organic Chemistry II
CHEM 311	Laboratory in Organic Chemistry I
CHEM 312	Laboratory in Organic Chemistry II
CHEM 411	General Biochemistry I
CHEM 412	General Biochemistry II
CHEM 413	Laboratory in General Biochemistry
KNES 200	Public Health Principles and Practice
KNES 300	Health Education and Health Promotion
KNES 307	Measurement and Evaluation in Kinesiology
KNES 310	Community and Global Health
KNES 320	Health Behavior and Health Promotion
KNES 340	Health Policy and Ethics
KNES 355	Health Care Systems
KNES 402	Evidence Based Sports Medicine
KNES 408	Motor Learning
KNES 422	Biomechanics
KNES 423	Biomechanics Laboratory
KNES 460	Topics in Kinesiology and Public Health
KNES 470	Seminars in Kinesiology
KNES 480	Directed Study
KNES 485	Internship
KNES 499	Directed Research in Kinesiology and Public Health
PHSC 112	Physics II
PHSC 118	Physics II Laboratory
PSYC 309	Introduction to Psychopathology
PSYC 315	Industrial/Organizational Psychology
PSYC 320	Developmental Psychology: Lifespan
PSYC 325	Developmental Psychology: Childhood and Adolescence
PSYC 412	Physiological Psychology
Program Course Requirements: 54 credits	
Core Curriculum Requirements ³	70
Total Credits	124

¹ Fulfills Kinesiology and Health Science Core Curriculum requirement.

² Approved transfer coursework may also fulfill this requirement.

³ See Core Curriculum Program section (<http://catalog.biola.edu/general-information/undergraduate-core-curriculum-program/>) for details.

Exercise Science (55 Credits)

The Exercise Science concentration is for students who plan to pursue a graduate degree (master's or doctoral) in physical therapy, occupational therapy or other programs in allied/sports health care. Our program is designed to meet the prerequisite needs of most nationwide graduate programs.

This concentration requires 55 credits, 34 of which must be upper-division.

Code	Title	Credits
Program Courses		
BIOS 254	Human Anatomy	4
BIOS 281	Physiology	4
KNES 213	Scientific Principles of Health and Fitness ¹	3
KNES 301	Kinesiology	3
KNES 302	Exercise Physiology	3
KNES 303	Exercise Physiology Laboratory	1
KNES 307	Measurement and Evaluation in Kinesiology	3
KNES 329	Psychology of Exercise and Health	3
KNES 402	Evidence Based Sports Medicine	3
KNES 422	Biomechanics	3
KNES 423	Biomechanics Laboratory	1
KNES 440	Nutrition and Human Metabolism	3
KNES 446	Functional Assessment and the Prescription of Exercise	3
KNES 447	Functional Assessment and Prescription of Exercise Laboratory	1
Select 2 credits from the following:		2
KNES 480	Directed Study	
KNES 485	Internship	
KNES 499	Directed Research in Kinesiology and Public Health	
Elective Courses: Select 15 credits from the following (9 of the 15 credits must be upper-division) ²		15
BIOS 111	Fundamentals of Cellular and Molecular Biology	
BIOS 113	Fundamentals of Cellular and Molecular Biology Laboratory	
BIOS 112	Fundamentals of Organismal Biology	
BIOS 114	Fundamentals of Organismal Biology Laboratory	
BIOS 282	Microbiology	
BIOS 310	Prosection	
BIOS 311	Neurobiology	
or PSYC 412	Physiological Psychology	
BIOS 312	Cell and Molecular Biology	

BIOS 322	Laboratory in Cell and Molecular Biology
BIOS 332	Genetics
BUSN 211	Principles of Accounting I ³
BUSN 230	Introduction to Marketing ³
BUSN 231	Introduction to Marketing: Practical Application ³
BUSN 240	Principles of Management ³
CHEM 106	General Chemistry II
CHEM 301	Organic Chemistry I
CHEM 302	Organic Chemistry II
CHEM 311	Laboratory in Organic Chemistry I
CHEM 312	Laboratory in Organic Chemistry II
CHEM 411	General Biochemistry I
CHEM 412	General Biochemistry II
CHEM 413	Laboratory in General Biochemistry
KNES 200	Public Health Principles and Practice
KNES 300	Health Education and Health Promotion
KNES 310	Community and Global Health
KNES 320	Health Behavior and Health Promotion
KNES 337	Exercise in Health and Disease
KNES 340	Health Policy and Ethics
KNES 351	Strength and Conditioning Program Design
KNES 355	Health Care Systems
KNES 401	Care and Prevention of Athletic Injuries
KNES 408	Motor Learning
KNES 420	Sociology and Psychology in Physical Education and Sport
KNES 434	Leadership in Sport and Human Movement
KNES 449	Clinical Exercise Physiology
KNES 460	Topics in Kinesiology and Public Health
KNES 470	Seminars in Kinesiology
KNES 480	Directed Study
KNES 485	Internship
KNES 499	Directed Research in Kinesiology and Public Health
PHSC 112	Physics II
PHSC 118	Physics II Laboratory
PSYC 309	Introduction to Psychopathology
PSYC 315	Industrial/Organizational Psychology
PSYC 320	Developmental Psychology: Lifespan
PSYC 325	Developmental Psychology: Childhood and Adolescence

Program Course Requirements: 55 credits

Core Curriculum Requirements⁴	70
Total Credits	125

- ¹ Fulfills Kinesiology and Health Science Core Curriculum requirement.
- ² Approved transfer coursework may also fulfill this requirement.
- ³ A maximum of 6 credits may be taken from BUSN electives.
- ⁴ See Core Curriculum Program section (<http://catalog.biola.edu/general-information/undergraduate-core-curriculum-program/>) for details.

Course Sequence

NOTE: The course sequence table is designed by the major department and is one way that the classes will work out properly in sequence for your major. However, there are alternative or flexible ways to rotate some of the classes within the same year/level and sometimes between year levels. Please contact your major department advisor to discuss flexible alternatives in scheduling the sequence of your classes.

Taking coursework during the summer session may also be an option to accelerate your degree path.

See Core Curriculum Program section (<http://catalog.biola.edu/general-information/undergraduate-core-curriculum-program/>) for a list of approved Core Curriculum courses.

- Health and Human Performance (p. 3)
- Exercise Science (p. 4)

Kinesiology, B.S. Health and Human Performance (KHHP)

First Year		
Fall	Credits Spring	Credits
BBST 103 or 165	3 BBST 103 or 165	3
CHEM 105 or 120 (required)	4 BIOS 254	4
ENGL 100 or 112	3 PSYC 200 (required)	3
Foreign Language (see Core Curriculum)	4 Communication (see Core Curriculum)	3
GNST 102	1 Fine Arts (see Core Curriculum)	3
	15	16

Total Credits 31

Second Year		
Fall	Credits Spring	Credits
BBST 209 or 210	3 BBST 209 or 210	3
MATH 210 or 318 (required)	3 BBST 251	3
KNES 213 ¹	3 BIOS 281	4
PHSC 111 (required)	3 HIST 200, 201, or POSC 225	3
PHSC 117	1 Literature (see Core Curriculum)	3
	13	16

Total Credits 29

Third Year		
Fall	Credits Spring	Credits
BBST 300/400 Bible Elective	3 BBST 354	3
BBST 365	3 ENGL 313	3
KNES 301	3 KNES 302	3
KNES 337	3 KNES 303	1
KNES 480, 485, or 499	1 KNES 351	3
Philosophy (see Core Curriculum)	3 KNES Elective ²	3

Writing Competency Requirement	Graduation Petition due in Registrar's Office	
		16

Total Credits 32**Fourth Year**

Fall	Credits Spring	Credits
BBST 300/400 Bible Elective	3 BBST 465	3
KNES 329	3 KNES 434	3
KNES 401	3 KNES 440	3
KNES 446	3 KNES 449	3
KNES 447	1 KNES Elective (upper-division) ²	3
KNES 480, 485, or 499	1	
KNES Elective (upper-division) ²	3	
	17	15

Total Credits 32

¹ Fulfills Kinesiology and Health Science Core Curriculum requirement.

² Choose 9 credits of electives from approved list in catalog. See Department for advisement.

Kinesiology, B.S. Exercise Science (KHES)**First Year**

Fall	Credits Spring	Credits
BBST 103 or 165	3 BBST 103 or 165	3
CHEM 105 (required)	4 BIOS 254	4
ENGL 100 or 112	3 PSYC 200 (required)	3
Foreign Language (see Core Curriculum)	4 Communication (see Core Curriculum)	3
GNST 102	1 Fine Arts (see Core Curriculum)	3
	15	16

Total Credits 31**Second Year**

Fall	Credits Spring	Credits
BBST 209 or 210	3 BBST 209 or 210	3
MATH 210 or 318	3 BBST 251	3
KNES 213 ¹	3 BIOS 281	4
PHSC 111 (required)	3 KNES 307	3
PHSC 117 (required)	1 KNES Elective ²	3
HIST 200, 201, or POSC 225	3	
	16	16

Total Credits 32**Third Year**

Fall	Credits Spring	Credits
BBST 300/400 Bible Elective	3 BBST 354	3
BBST 365	3 ENGL 313	3
KNES 301	3 KNES 302	3
Literature (see Core Curriculum)	3 KNES 303	1
Philosophy (see Core Curriculum)	3 KNES 480, 485, or 499	1
Writing Competency Requirement	KNES Elective ²	3
	Graduation Petition due in Registrar's Office	
	15	14

Total Credits 29**Fourth Year**

Fall	Credits Spring	Credits
BBST 300/400 Bible Elective	3 BBST 465	3
KNES 329	3 KNES 402	3

KNES 446	3 KNES 422	3
KNES 447	1 KNES 423	1
KNES 480, 485, or 499	1 KNES 440	3
KNES Elective (upper-division) ²	3 KNES Elective (upper-division) ²	3
KNES Elective (upper-division) ²	3	
	17	16

Total Credits 33

¹ Fulfills Kinesiology and Health Science Core Curriculum requirement.

² Choose 15 credits of electives from approved list in catalog. See Department for advisement.

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Taking coursework during the summer session may also be an option to accelerate your degree path.

See Core Curriculum Program section (<http://catalog.biola.edu/general-information/undergraduate-core-curriculum-program/>) for a list of approved Core Curriculum courses.

- Exercise Science (p. 4)
- Health and Human Performance (p. 5)

Kinesiology, B.S. Exercise Science (KHES)**First Year**

Fall	Credits Spring	Credits
HNRS 101	4 HNRS 105	4
HNRS 102	4 HNRS 106	4
CHEM 105	4 BIOS 254	4
Foreign Language (see Core Curriculum)	4 PSYC 200	3
GNST 102	1	
	17	15

Second Year

Fall	Credits Spring	Credits
HNRS 210	4 HNRS 230	4
HNRS 215	4 HNRS 231	4
MATH 210 or 318	3 BIOS 281	4
KNES 213	3 KNES 307	3
PHSC 111	3	
PHSC 117	1	
	18	15

Third Year

Fall	Credits Spring	Credits
HNRS 324	4 HNRS 337	4
HNRS 326	2 HNRS 339	2
KNES 301	3 ENGL 313	3
KNES Elective	3 KNES 302	3
KNES Elective	3 KNES 303	1
	KNES 480, 485, or 499	1
	KNES Elective (upper-division)	3
	15	17

Fourth Year

Fall	Credits Spring	Credits
HNRS 443	4 HNRS 458	4
KNES 329	3 BBST 465	3
KNES 446	3 KNES 402	3
KNES 447	1 KNES 422	3
KNES 480, 485, or 499	1 KNES 423	1
KNES Elective (upper-division)	3 KNES 440	3
KNES Elective (upper-division)	3	
	18	17

Total Credits 132**Kinesiology, B.S. Health and Human Performance (KHHP)****First Year**

Fall	Credits Spring	Credits
HNRS 101	4 HNRS 105	4
HNRS 102	4 HNRS 106	4
CHEM 105 or 120	4 BIOS 254	4
Foreign Language (see Core Curriculum)	4 PSYC 200	3
GNST 102	1	
	17	15

Second Year

Fall	Credits Spring	Credits
HNRS 210	4 HNRS 230	4
HNRS 215	4 HNRS 231	4
MATH 210 or 318	3 BIOS 281	4
KNES 213	3 KNES Elective	3
PHSC 111	3	
PHSC 117	1	
	18	15

Third Year

Fall	Credits Spring	Credits
HNRS 324	4 HNRS 337	4
HNRS 326	2 HNRS 339	2
KNES 301	3 ENGL 313	3
KNES 337	3 KNES 302	3
KNES 480, 485, or 499	1 KNES 303	1
KNES 351	3 KNES Elective (upper-division)	3
	16	16

Fourth Year

Fall	Credits Spring	Credits
HNRS 443	4 HNRS 458	4
KNES 329	3 BBST 465	3
KNES 401	3 KNES 434	3
KNES 446	3 KNES 440	3
KNES 447	1 KNES 449	3
KNES 480, 485, or 499	1	
KNES Elective (upper-division)	3	
	18	16

Total Credits 131