

# KINESIOLOGY, BS

## Program Description

A Bachelor of Science degree in Kinesiology prepares you to work in a variety of professional settings, ranging from clinical rehabilitation to health and fitness facilities to careers opportunities in the administration and management of sport and entertainment. Employers include physical rehabilitation clinics, hospitals, biomedical firms, the health and fitness industry, educational institutions, sports management, YMCA's and other not-for-profit agencies, and municipal recreation among others.

The BS in Kinesiology prepares students for placement in graduate programs such as physical therapy, occupational therapy, cardiac rehabilitation, kinesiology and exercise science, sport psychology, chiropractic medicine and other allied health fields.

Upon graduation, students are also prepared to sit for the American College of Sports Medicine (Clinical Exercise Physiologist), National Strength and Conditioning Association (Certified Strength and Conditioning Specialist), and multiple National Academy of Sports Medicine certifications.

## Program Learning Outcomes

- **Physical Activity in Health, Wellness, and Quality of Life** – Graduates will design individual and group level programs that promote physical activity, health, and improve quality of life.
- **Scientific Foundations of Kinesiology** – Graduates will critically evaluate scholarly material and design an evidence based solution to a current research question in Kinesiology utilizing the scientific method of inquiry.
- **Cultural, Historical, Philosophical Dimensions of Kinesiology** – Graduates will critically evaluate and organize scholarly material to present an evidence-based point of view specific to cultural, historical, and philosophical dimensions of physical activity.
- **The Practice of Physical Activity Across the Lifespan** – Graduates will analyze mechanisms for the delivery of physical activity at the individual and group level across various health, social and inter-generational stratification.
- **Professional Development in Kinesiology** – Graduates will to analyze and communicate personal assets and deficiencies in the creation of professional career goals and objectives.
- **Technical Competency in Kinesiology** – Graduates evaluate, analyze, and demonstrate technical competency in the application of interventions at the individual and group level.

## Degree Requirements

Code	Title	Hours
<b>Major Core Requirements</b>		
USEM 101	Univ Sem I: Foundation Success	1
KINS 101	Foundations in Kinesiology	3
KINS 140	Health and Fitness	3
KINS 141	Introduction to Movement	3
KINS 202	Diversity & Inclusion in Sport	3
KINS 265	Personal Fitness Training	3
KINS 275	Nutrition Sprt Exer Performance	3
KINS 295	Facility & Program Operations	3
KINS 358	Research Methods Kinesiology	3

KINS 401	Internship I	2
KINS 402	Internship II	2
KINS 428	Psych Exercise/Rehabilitation	3
KINS 444	Exercise Prescription	3
KINS 481	Prof Development Seminar	1
Complete at least one concentration:		31-45
Human Performance		
Rehabilitation Sciences		
Sport and Fitness Management		
<b>Total Hours</b>		<b>67-81</b>

## Human Performance

Code	Title	Hours
KINS 105	Program Dev & Leadership	3
KINS 262	Exercise Physiology	3
KINS 268	Fitness Eval I: Func Assessmnt	3
KINS 332	Health Promotions	3
KINS 344	Kinesiology	3
KINS 346	Therapeutic Ex Rehabilitation	3
KINS 348	Fitness Eval II Lab Procedures	3
KINS 434	Neurological Basics Motor Lrn	3
KINS 452	Allied Health Administration	3
BIOL 121	Human Anatomy & Physiology I	4
BIOL 122	Human Anatomy & Physiology II	4
CHEM 108 & CHEM 109	Applied Chemistry and Applied Chemistry Lab (or higher level)	4
MATH 110	Explorations in Mathematics (or higher level)	3
Select one of the following statistics courses:		3
BUSN 211	Business Statistics	
BIOL 280	Biostatistics	
MATH 207	Prin of Statistical Methods	
PSYC 210	Statistics	
<b>Total Hours</b>		<b>45</b>

## Rehabilitation Sciences

Code	Title	Hours
KINS 262	Exercise Physiology	3
KINS 268	Fitness Eval I: Func Assessmnt	3
KINS 344	Kinesiology	3
KINS 346	Therapeutic Ex Rehabilitation	3
KINS 348	Fitness Eval II Lab Procedures	3
KINS 434	Neurological Basics Motor Lrn	3
KINS 452	Allied Health Administration	3
BIOL 121	Human Anatomy & Physiology I	4
BIOL 122	Human Anatomy & Physiology II	4
CHEM 115	General Chemistry I	5
CHEM 116	General Chemistry II	5
MATH 111	College Algebra (or higher level)	3
Select one of the following statistics courses:		3
BUSN 211	Business Statistics	
BIOL 280	Biostatistics	
MATH 207	Prin of Statistical Methods	

PSYC 210 Statistics

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**Total Hours** **45**

### Sport and Fitness Management

Code	Title	Hours
KINS 105	Program Dev & Leadership	3
KINS 270	Sports Management	3
KINS 332	Health Promotions	3
KINS 375	Commercial Recreation	3
KINS 482	Admin of Recreation Services	3
MATH 110	Explorations in Mathematics (or higher level)	3
POLI 130	Intro State/Local Government	4
SOWK 480	Grantwriting	3
Select one of the following statistics courses:		3
BUSN 211	Business Statistics	
BIOL 280	Biostatistics	
MATH 207	Prin of Statistical Methods	
PSYC 210	Statistics	

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**Total Hours** **28**

**General Education:** All LSSU bachelor's degree candidates must complete the LSSU General Education Requirements.

**A minimum of 124 credits (at the 100 level or higher) must be earned for graduation with a cumulative gpa of 2.00 or higher. A gpa of 2.00 or higher is also required in your Major, as well as in your General Education Requirements.**