



For students who are KINESIOLOGY majors:

The Kinesiology Department has a number of concentrations to choose from – Exercise Science, Pre-PT, Sports Management, Sports Ministry, Physical Education, or General Kinesiology. Be sure to speak with your advisor if you already know what concentration you would like to have. If you don't know yet, then wait to take Math and Science until you do know.

The following schedule represents what a **“TYPICAL”** Freshman Kinesiology Major might take.

ENG	101	English Composition	3 hours
BIB	110	Old Testament Survey*	3 hours
HIS	211	US History (OR 101: Western Civ. OR 103: World Civ.)*	3 hours
KIN	123	Fitness for Life	2 hours
KIN	124	Nutrition for Well-Being	1 hour
PSY	201	Intro to Psychology*	<u>3 hours</u>
			15 hours

You may have AP credit, dual enrollment, or transfer hours that would change this “typical” schedule. You may be on a varsity sports team or in the choir and may need to adjust this schedule. The truth is that no one is typical, but this schedule is a good place to start. When you meet with your advisor to register, be sure to tell him/her about your specific set of circumstances so you end up with YOUR schedule and not just a typical schedule.

*Other core courses may be substituted.

Chapel: Freshmen are required to take a total of 4 semesters of chapel. Freshmen are automatically enrolled in Freshman Chapel/Blue & Gold 101 for their first Fall semester.

Advising for Student Success

