

**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.

**Chapel:** First time 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 semester.

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** 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\* 3 hours

 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

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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.

