

KINESIOLOGY (BS)

BS: KINESIOLOGY DEGREE PLAN (KINE)	
UNIVERSITY REQUIREMENTS	
Please see the University Requirements section of this catalog (page 40).	
MAJOR REQUIREMENTS	
Kinesiology	
KINE 100 Lifetime Wellness	(1) ¹
KINE 206 Strength Training	(1) ¹
KINE 232 Structural Kinesiology	3
KINE 420 Exercise Science Internship (capstone experience) ..	6
PSYC 120 Introduction to Psychology	(3) ¹
TOTAL	9
¹ Hours (in parentheses) may also fulfill university requirements and are not included in total major hours	
TRACKS	
Health Promotion (KNHP)	
BIOL 291 Anatomy and Physiology I	(3)1
BIOL 293 Anatomy and Physiology I Lab	1
BIOL 292/294 Anatomy and Physiology II Lecture/Lab	4
CHEM 113 Introductory Chemistry	(3)1
CHEM 111 Introductory Chemistry Lab	1
CHEM 112/114 Intro. Organic and Biological Chemistry Lecture/Lab	4
HED 112 Personal Health and Human Disease	3
HED 324 Drug Education	3
KINE 241 First Aid/CPR	1
KINE 321 Sport Practicum or KINE 322 Fitness Practicum	1
KINE 360 Leadership and Management for Health Promotion (writing-intensive course)	3
KINE 372/373 Exercise Physiology/Lab	4
KINE 421 Wellness Practicum	1
KINE 440 Special Topic: Exercise Testing and Prescription	3
KINE 450 Personal Training	3
KINE 460 Program Planning for Health Promotion	3
KINE 473 Clinical Exercise Physiology I	3
KINE 475 Physical Activity and Aging	3
KINE 480 Training Program Design	3
KINE 485 Clinical Exercise Physiology II	3
KINE 498 Biomechanics	3
MGMT 330 Management and Organizational Behavior	3
NUTR 221 Introductory Nutrition	3
NUTR 224 Nutrition for Exercise and Sport	3
PEAC 211 Cross-Training	(1)1
TOTAL: Health Promotion	59
Pre-Physical Therapy (KNPT)	
BIBP 352 Biomedical Ethics	(3)1
BIOL 112 General Biology I	(3)1
BIOL 113/115, 114, 491/493, 492/495	13
CHEM 133 General Chemistry I	(3)1
CHEM 131 General Chemistry I Lab	1
CHEM 132/134 General Chemistry II Lecture/Lab	4
ENGL 326 Business and Professional Writing or ENGL 327 Scientific or Technical Writing	3
HED 112 Personal Health and Human Disease	3
KINE 311 Motor Behavior (writing-intensive course)	3
KINE 340 Special Topic: Medical Terminology	2
KINE 440 Special Topic: Exercise Testing and Prescription	3
KINE 372/373 Exercise Physiology/Lab	4
KINE 399 Research Methods in Kinesiology and Nutrition	3
KINE 473 Clinical Exercise Physiology I	3
KINE 485 Clinical Exercise Physiology II	3
KINE 498 Biomechanics	3
MATH 124 or MATH 185	(3)1
PEAC 211 Cross-Training	(1)1
PHYS 110/111 General Physics I Lecture/Lab	4
PHYS 112/113 General Physics II Lecture/Lab	4

PSYC 232 Developmental Psychology	3
PSYC 311 Elementary Statistics	3
SOCI 111 Introduction to Sociology	(3)1
TOTAL: Pre-Physical Therapy	62
Pre-Occupational Therapy (KNOT)	
BIOL 112 General Biology I	(3)1
BIOL 114 General Biology I Laboratory	1
BIOL 291/293 Anatomy and Physiology I Lecture/Lab	4
BIOL 292/294 Anatomy and Physiology II Lecture/Lab	4
CHEM 133 General Chemistry I	(3)1
CHEM 131 General Chemistry Laboratory	1
HED 112 Personal Health and Human Disease	3
Choose one: PEAC 211, 214, 215, or 216	(1)1
KINE 311 Motor Behavior (writing-intensive course)	3
KINE 340 Special Topic: Medical Terminology	2
KINE 372/373 Exercise Physiology/Lab	4
KINE 399 Research Methods in Kinesiology and Nutrition	3
KINE 421 Wellness Practicum	1
KINE 440 Special Topic: Exercise Testing and Prescription	3
KINE 450 Personal Training	3
KINE 473 Clinical Exercise Physiology I	3
KINE 485 Clinical Exercise Physiology II	3
KINE 498 Biomechanics	3
MATH 124 or MATH 185	(3)1
PHYS 110/111 General Physics I Lecture/Lab	4
PSYC 232 Developmental Psychology	3
PSYC 311 Elementary Statistics	3
PSYC 382 Abnormal Psychology	3
SOCI 111 Introduction to Sociology	(3)1
TOTAL: Pre-Occupational Therapy	54
Sport and Recreation Management (KSRM)	
COMS 345 Intercultural Communication	(3)1
COMS 430 Conflict Management	3
ENGL 326 Business and Professional Writing	3
GERO 350 Sociology of Aging	3
HED 324 Drug Education	3
KINE 201 Introduction to Sport and Recreation Management ..	3
KINE 241 First Aid/CPR	1
KINE 301 Facility and Risk Management	3
KINE 303 Ethics in Sport and Recreation Management	3
KINE 321 Sport Practicum or KINE 322 Fitness Practicum	1
KINE 333 Youth Activity Programs	3
KINE 360 Leadership and Management for Health Promotion (writing-intensive course)	3
KINE 401 Sport and Recreational Law	3
KINE 460 Program Planning for Health Promotion	3
KINE 490 Special Populations	3
MKTG 320 Principles of Marketing or MKTG 343 Personal Marketing	3
NUTR 224 Nutrition for Exercise and Sport	3
PEAC Activity 210, 239, 341, 350, 351	3
PSYC 388 Teams and Team Leadership	3
TOTAL: Sport and Recreation Management	50
¹ Hours (in parentheses) may also fulfill university requirements and are not included in total major hours	
ELECTIVES	
Minimum (KNHP)	4
Minimum (KNPT)	1
Minimum (KNOT)	9
Minimum (KSRM)	13*
* Electives will be used for 2nd area of emphasis	
TOTAL MAJOR HOURS	72
OTHER GRADUATION REQUIREMENTS	
Minimum GPA for graduation (KNHP), (KSRM)	2.50
Minimum GPA for graduation (KNPT)	3.00
Minimum GPA for graduation (KNOT)	2.75
Minimum advanced hours	33
Minimum total hours	128
<i>Courses numbered 0** do not count in</i>	

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KINE 340 Special Topic: Research Methods . 3

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minimum hours required for degree.

NUTRITION (BS)

The Bachelor of Science in Nutrition prepares students to serve and lead others through living and teaching healthful nutrition practices and wellness lifestyles. Christian values and ethics are encouraged in any area of nutrition the student chooses. Students may declare Nutrition as a major with a concentration in Exercise Science, Community, Food Service, or the Didactic Program in Dietetics (DPD). Entry into the DPD requires a formal application process as described below. The Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND, a division of the Academy of Nutrition and Dietetics). ACEND's address and phone number are: 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800-877-1600 ext. 5400. Below are details concerning the concentrations in Nutrition.

- **Didactic Program in Dietetics concentration (NDPD).** Students who are interested in becoming Registered Dietitians may apply to the Didactic Program in Dietetics (DPD) after passing 60 hours through a formal application and interview process. Transfer students or current students wishing to change their major may also apply to the DPD after passing 60 hours, after taking at least 6 hours of nutrition courses at ACU, and having been a nutrition major at ACU for at least two semesters. A GPA of 3.2 is required for entrance into the DPD. Graduates of the DPD are prepared to enter dietetic internships, after which they may sit for the Registration Examination for Dietitians. Registered Dietitians may find employment in healthcare facilities, community and public health nutrition programs, other government entities, private practice, school nutrition programs, sports nutrition and corporate wellness programs, university education, research, sales, marketing, restaurant management, and food companies.
- **Exercise Science concentration (NUEX).** An increased emphasis is placed on health promotion in our society today. The Dietary Guidelines for Americans by the Department of Health and Human Services and the U.S. Department of Agriculture recommend 60 minutes of moderate to vigorous intensity activity on most days. Other national organizations have similar recommendations. Nutrition for exercise and sport is extremely important for individuals to stay healthy before, during, and after exercise. Graduates with the Exercise Science concentration are trained to counsel individuals concerning proper nutrition practices in wellness centers or other exercise-related settings such as gyms or sport facilities. They also receive baseline preparation for personal training.
- **Community concentration (NUCO).** Nutrition professionals are in demand to educate the public in various settings. Graduates of the Community concentration are trained to effectively communicate nutrition messages to individuals and the public. They may find employment with AgriLife Extension, school nutrition programs, supermarkets, or in public health/government nutrition programs such as the Special Supplemental Nutrition Program for Women, Infants, and Children.
- **Food Service concentration (NUFS).** The food service industry affects virtually every person living in the U.S., and employment opportunities are expected to increase. Graduates of the Food Service concentration are trained in food management, food marketing principles, and food safety. They may find employment in school nutrition programs, food service facilities or restaurants as managers, or health departments as food inspectors.

NUTRITION (BS)

BS: NUTRITION DEGREE PLAN (NUTR)

UNIVERSITY REQUIREMENTS

Please see the University Requirements section of this catalog (page 40).

MAJOR REQUIREMENTS

Math

MATH 123 Elementary Statistics.....(3)¹

Nutrition

NUTR 221 Introductory Nutrition 3

NUTR 222 Food Selection and Preparation 3

NUTR 224 Nutrition for Exercise and Sport 3

NUTR 325 Quantity Food Production and Service 3

NUTR 327 Nutrition Through the Life Cycle 3

NUTR 328 Community Nutrition 3

NUTR 401 Nutrition Seminar (capstone course)..... 1

NUTR 421 Nutrition Assessment and Education

(capstone and writing-intensive course) 3

NUTR 423 Food Safety 1

NUTR 426 Food Science 3

NUTR 427 Food System Organization and Administration 3

Sciences

BIOL 291 Anatomy and Physiology I(3)¹

BIOL 293 Anatomy and Physiology I Lab 1

BIOL 292/294 Anatomy and Physiology II Lecture/Lab 4

CHEM 113 Introductory Chemistry(3)¹

CHEM 111 Introductory Chemistry Lab 1

CHEM 112/114 Introduction to Organic and Biological

Chemistry Lecture/Lab 4

Other Required Courses

MGMT 330 Management and Organizational Behavior 3

KINE 241 First Aid/CPR..... 3

TOTAL4¹

CONCENTRATION (CHOOSE ONE)

Didactic Program in Dietetics (NDPD)

BIOL 353/357 General Microbiology 4

KINE 399 Research Methods in Kinesiology and Nutrition..... 3

NUTR 322 Biochemistry of Nutrition I..... 3

NUTR 323 Biochemistry of Nutrition II..... 3

NUTR 425 Medical Nutrition Therapy I 3

NUTR 428 Medical Nutrition Therapy II 3

NUTR 429 Medical Nutrition Therapy III..... 3

NUTR 450 Capstone in Dietetics 2

TOTAL2⁴

Community Concentration (NUCO)

COMS 236 General Communication Theory 3

COMS 343 Business and Professional Communication 3

COMS 345 Intercultural Communication 3

COMS 483 Advanced Public Speaking 3

TOTAL1²

Exercise Science (NUEX)

KINE 232 Structural Kinesiology 3

KINE 321 Sport Practicum or KINE 322 Fitness Practicum 1

KINE 372/373 Exercise Physiology Lecture/Lab 4

KINE 450 Personal Training 3

KINE 475 Physical Activity and Aging 3

PEAC 206 Strength Training(1)¹

PEAC 211 Cross-Training(1)¹

TOTAL1⁴

Food Service (NUFS)

ACCT 210 Financial Accounting 3

MGMT 332 Human Resource Management 3

MGMT 335 Leadership in Organizations 3

MKTG 320 Principles of Marketing 3

TOTAL1²

¹Hours (in parentheses) may also fulfill university requirements and are not included in total major hours

ELECTIVES

Minimum (NDPD) 5

Minimum (NUEX) 1

Minimum (NUCO, NUFS) 1

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TOTAL MAJOR HOURS	72
OTHER GRADUATION REQUIREMENTS	
Minimum GPA for graduation (NDPD)	3.20
Minimum GPA for graduation (NUCO, NUEx, NUFS)	2.50
Minimum advanced hours	33
Minimum total hours	128
Courses numbered 0** do not count in minimum hours required for degree.	

Minor in Coaching

The 18-credit minor may be added to any major. Education majors who wish to teach in a field other than physical education will want to add this minor in order to increase their coaching knowledge and competence.

MINOR: COACHING (EXCO)	
Coaching Foundation	
KINE 232 Structural Kinesiology	3
KINE 372 Exercise Physiology	3
KINE 480 Training Program Design	3
KINE 491 Principles of Coaching	3
KINE 492 Coaching Internship	3
PSYC 342 Applied Sports Psychology	3
TOTAL	18

Minor in Nutrition

The 19 credit nutrition minor is designed for students with an interest in nutrition or majoring in complementary disciplines. Students in related fields may find the exposure to nutrition pertinent to their field and enhance career opportunities by completing this minor.

MINOR: NUTRITION (NUTR)	
Nutrition Foundation	
NUTR 221 Introductory Nutrition or NUTR 120 Nutrition and Wellness	3
NUTR 224 Sports Nutrition	3
NUTR 327 Nutrition Through the Life Cycle	3
NUTR 328 Community Nutrition	3
NUTR 421 Nutrition Assessment and Education (capstone and writing intensive)	3
BIOL 291 Anatomy and Physiology I or BIOL 292 Anatomy and Physiology II	3
TOTAL	18

Course Descriptions
Please see the *Course Descriptions* section of this catalog (page 163).
Courses offered by the Department of Kinesiology and Nutrition include those with the following designations: KINE, HED, NUTR, PEAC.

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. Select 6 hours from: KINE 232, 372, 391, 396, 498 . 6

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. NUTR 120, 224, 327, 328, 421 (capstone and writing intensive)¶
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