

B.S. HUMAN PERFORMANCE REQUIRED COURSES

2024-2025

Required Supporting Courses

COURSE	NAME	CREDITS	SEMESTER
BIOL 221/L	Anatomy & Physiology I/Lab	4	2 or 3
BIOL 222/L	Anatomy & Physiology II/Lab	4	3 or 4
BIOL 240	Nutrition	3	5
Total		11	

Required Foundation Courses

COURSE	NAME	CREDITS	SEMESTER
KHP 143	Health & Wellness	3	1-4
KHP 200	Foundations of Kinesiology	3	2 or 3
KHP 201	Intro to Research	2	Any
KHP 280	Care & Prevention of Athletic Injuries	3	Any
KHP 104, 109 or 145	Intro to Disc Golf, Pickleball or Yoga (One of these)	1-2	Any
KHP 260	Coaching I	2	Any
KHP 360	Coaching II	2	Any
KHP 350	Motor Learning & Control	3	5
KHP 300/L	Exercise Physiology/Lab	4	6
KHP 380	Sports Nutrition	3	6
KHP 405/L	Exercise Testing & Prescription/Lab	4	7
KHP 450 & 450L	Strength & Conditioning & Lab	4	7

KHP 410/L	Kinesiology & Biomechanics/Lab	4	8
Total		38	

Required Experiential Learning

COURSE	NAME	CREDITS	SEMESTER
KHP 295	Practicum	2	3-6
KHP 498	Internship	3	7-8
Total		5	

Total Required Credits = 54

Recommended Elective Courses:

BIOL 151/L General Biology 4 cr

KHP 276 Stress Management 3 cr

KHP 430 Personal Training 3 cr

KHP 403 Research Experience 1 cr