



## Kinesiology 4-year Plans

The Kinesiology major at MNU is focused on helping students move toward careers in a variety of career options in:

- Physical Therapy
- Occupational Therapy
- Chiropractic
- Health and Fitness

In this document you will find the varied plans of study for each of these emphasis.

## Kinesiology - Pre-Professional Physical Therapy

Freshman Year Fall Semester			
Course	#	Name	Credits
FRST	1101	Freshman Seminar	1
ENGL	1503	Comp I: Writing & Rhetoric	3
BIOL	1704	Human Anatomy & Lab	4
PSYC	1103	General Psychology	3
MATH	1355	Precalculus	5
			SEMESTER TOTAL: 16 hr

Freshman Year Spring Semester			
Course	#	Name	Credits
BIOL	1803	Human Physiology	3
ENGL	1703	Comp II: Writing & Research	3
BLIT	1004	Discovering the Bible	4
COMM	1303	Public Speaking	3
PSYC	2513	Lifespan Development	3
			SEMESTER TOTAL: 16 hr

Sophomore Year Fall Semester			
Course	#	Name	Credits
BIOL	1114	Biology I & Lab	4
PHYS	1004	Physics I (Trigonometry -Based) & Lab <b>OR</b> ,	4, <b>OR</b>
PHYS	2005	Physics I (Calculus-Based) & Lab	5
PHED	1202	Techniques for Lifetime Fitness	2
HLEX	1303	Care & Prevention of Athletic Injuries & Lab	3
PHIL	2003	Ethics	3
			SEMESTER TOTAL: 16-17hr

Sophomore Year Spring Semester			
Course	#	Name	Credits
SOCI	1003	General Sociology	3
PHYS	1104	Physics II (Trigonometry-Based) & Lab <b>OR</b> ,	4, <b>OR</b>
PHYS	2105	Physics II (Calculus-Based) & Lab	5
HLEX	2303	Advanced Care & Prevention of Athletic Injuries & Lab	3
HLSC	2302	Medical Terminology	2
HLEX	3503	General Medical Conditions & Lab	3
HLEX	3701	Internship - Physical Therapy	1
			SEMESTER TOTAL: 16-17hr

Junior Year Fall Semester			
Course	#	Name	Credits
CHEM	1104	General Chemistry I & Lab	4
HLEX	3333	Inj Eval/Recog -Lo Ext & Lab	3
HLEX	3533	Sports & Exercise Nutrition	3
HLEX	3543	Kinesiology/Biomechanics & Lab	3
HLSC	3603	Core Concepts of Health	3
			SEMESTER TOTAL: 16 hr

Junior Year Spring Semester			
Course	#	Name	Credits
HLEX	3323	Injury Eval/Recog -Up Ext & Lab	3
HLEX	4523	Senior Seminar	3
HLEX	3513	Psychology of Sports	3
CHEM	2104	General Chemistry II & Lab	4
MATH	3503	Probability & Statistics	3
			SEMESTER TOTAL: 16 hr

Senior Year Fall Semester			
Course	#	Name	Credits
THEO	2003	Christian Beliefs	3
HLEX	4314	Therapy Rehab Techniques & Lab	4
HLEX	4713	Research in Health & Exercise Science	3
BIOL	2105	Microbiology & Lab	5
			SEMESTER TOTAL: 15 hr

Senior Year Spring Semester			
Course	#	Name	Credits
PSYC	3803	Abnormal Psychology	3
HLEX	4702	Internship- Physical Therapy	2
HLEX	4304	Therapy Modality Techniques & Lab	4
HLEX	4503	Exercise Physiology & Lab	3
			SEMESTER TOTAL: 12 hr

## Kinesiology - Pre-Professional Occupational Therapy

Freshman Year Fall Semester			
Course	#	Name	Credits
FRST	1101	Freshman Seminar	1
ENGL	1503	Comp I: Writing & Rhetoric	3
CHEM	1004	Introduction to Chemistry & Lab	4
PSYC	1103	General Psychology	3
PHED	1202	Techniques for Lifetime Fitness	2
HLEX	1303	Care & Prevention of Athletic Injuries & Lab	3
			SEMESTER TOTAL: 16 hr

Freshman Year Spring Semester			
Course	#	Name	Credits
SOCI	1003	General Sociology	3
HLEX	2303	Advanced Care & Prevention of Athletic Injuries & Lab	3
ENGL	1703	Comp II: Writing & Research	3
BLIT	1004	Discovering the Bible	4
MATH	1223	College Algebra	3
			SEMESTER TOTAL: 16 hr

Sophomore Year Fall Semester			
Course	#	Name	Credits
BIOL	1114	Biology I & Lab	4
BIOL	1704	Human Anatomy & Lab	4
PSYC	2513	Lifespan Development	3
PHIL	2003	Ethics	3
HLSC	3603	Core Concepts of Health	3
			SEMESTER TOTAL: 17hr

Sophomore Year Spring Semester			
Course	#	Name	Credits
GNSC	2203	Physics in Everyday Life	3
GNSC	3703	Human Nutrition	3
BIOL	1803	Human Physiology	3
THEO	2003	Christian Beliefs	3
HLSC	2302	Medical Terminology	2
			SEMESTER TOTAL: 16 hr

Junior Year Fall Semester			
Course	#	Name	Credits
COMM	1303	Public Speaking	3
HLEX	3333	Injury Eval/Recog - Lo Ext. & Lab	3
HLEX	3543	Kinesiology/Biomechanics & Lab	3
HLEX	3533	Sport & Exercise Nutrition	3
MATH	3503	Probability and Statistics	3
			SEMESTER TOTAL: 15 hr

Junior Year Spring Semester			
Course	#	Name	Credits
HLEX	3303	Athletic Training Administration	3
HLEX	3323	Injury Eval/Recog - Up Ext. & Lab	3
HLEX	4503	Exercise Physiology & Lab	3
HLEX	4523	Senior Seminar	3
HLEX	3503	General Medical Conditions & Lab	3
			SEMESTER TOTAL: 15 hr

Senior Year Fall Semester			
Course	#	Name	Credits
PSYC	3803	Abnormal Psychology	3
HLEX	4314	Therapeutic Rehab Techniques & Lab	4
HLEX	4713	Research in Health & Exercise Science	3
			SEMESTER TOTAL: 13 hr

Senior Year Spring Semester			
Course	#	Name	Credits
HLEX	3513	Psychology of Sports	3
HLEX	4304	Therapeutic Modality Tech & Lab	4
HLEX	4703	Internship	3
			SEMESTER TOTAL: 12 hr

## Kinesiology - Pre-Professional Chiropractic Science

Freshman Year Fall Semester			
Course	#	Name	Credits
FRST	1101	Freshman Seminar	1
ENGL	1503	Comp I: Writing & Rhetoric	3
CHEM	1104	General Chemistry I & Lab	4
HLEX	1303	Care & Prevention of Athletic Injuries & Lab	3
MATH	1355	Precalculus	5
<b>SEMESTER TOTAL:</b>			<b>16 hr</b>

Freshman Year Spring Semester			
Course	#	Name	Credits
CHEM	2104	General Chemistry II & Lab	4
ENGL	1703	Comp II: Writing & Research	3
BLIT	1004	Discovering the Bible	4
HLEX	2303	Advance Care & Prevention of Athletic Injuries & Lab	3
PSYC	1103	General Psychology	3
<b>SEMESTER TOTAL:</b>			<b>17 hr</b>

Sophomore Year Fall Semester			
Course	#	Name	Credits
BIOL	1704	Human Anatomy & Lab	4
PHYS	1004	Physics I Trig Based & Lab	4
PHED	1202	Techniques for Lifetime Fitness	2
PHIL	2003	Ethics	3
THEO	2003	Christian Beliefs	3
<b>SEMESTER TOTAL:</b>			<b>16 hr</b>

Sophomore Year Spring Semester			
Course	#	Name	Credits
BIOL	1803	Human Physiology	3
PSYC	2513	Lifespan Development	3
MATH	3503	Probability and Statistics	3
HLSC	3603	Core Concepts of Health	3
HLEX	3503	General Medical Conditions & Lab	3
<b>SEMESTER TOTAL:</b>			<b>15 hr</b>

Junior Year Fall Semester			
Course	#	Name	Credits
CHEM	3005	Organic Chemistry I & Lab	5
SOCI	1003	General Sociology	3
HLEX	3513	Psychology of Sports	3
HLEX	3533	Sport & Exercise Nutrition	3
HLEX	3543	Kinesiology/Biomechanics & Lab	3
<b>SEMESTER TOTAL:</b>			<b>17 hr</b>

Junior Year Spring Semester			
Course	#	Name	Credits
CHEM	3204	Organic Chemistry II & Lab	4
COMM	1303	Public Speaking	3
HLEX	4503	Exercise Physiology & Lab	3
HLEX	4523	Senior Seminar	3
HLEX	4703	Internship	3
<b>SEMESTER TOTAL:</b>			<b>16 hr</b>

Senior Year Fall Semester			
Course	#	Name	Credits
CCC		Embryology	3
CCC		Histology	3
CCC		Cell Physiology	5
CCC		Biochemistry I	5
<b>SEMESTER TOTAL:</b>			<b>16 hr</b>

Senior Year Spring Semester			
Course	#	Name	Credits
CCC		Biochemistry II	5
CCC		Basic Nutrition	4
CCC		Immunobiology	3
CCC		Introduction to Research	1
<b>SEMESTER TOTAL:</b>			<b>13 hr</b>

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## Kinesiology - Health and Fitness Studies

Freshman Year Fall Semester			
Course	#	Name	Credits
FRST	1101	Freshman Seminar	1
CHEM	1004	Introduction to Chemistry & Lab	4
PHED	1202	Techniques for Lifetime Fitness	2
ENGL	1503	Comp I: Writing & Rhetoric	3
BLIT	1004	Discovering the Bible	4
PSYC	1103	General Psychology	3
			SEMESTER TOTAL: 17 hr

Freshman Year Spring Semester			
Course	#	Name	Credits
GNSC	2203	Physics in Everyday Life	3
HLEX	1303	Care & Prevention of Athletic Injuries & Lab	3
SOCI	1003	General Sociology	3
ENGL	1703	Comp II: Writing & Research	3
MATH	1223	College Algebra	3
HLEX		Activity Course	2
			SEMESTER TOTAL: 17 hr

Sophomore Year Fall Semester			
Course	#	Name	Credits
THEO	2003	Christian Beliefs	3
BIOL	1704	Human Anatomy & Lab	4
PSYC	2513	Lifespan Development	3
HLEX	2503	Applied Concepts of Physical Fitness	3
HLSC	2603	Principles of Health Promotion	3
			SEMESTER TOTAL: 16 hr

Sophomore Year Spring Semester			
Course	#	Name	Credits
BIOL	1803	Human Physiology	3
GNSC	3703	Human Nutrition	3
PHIL	2003	Ethics	3
MATH	3503	Probability and Statistics	3
		Elective	3
			SEMESTER TOTAL: 15 hr

Junior Year Fall Semester			
Course	#	Name	Credits
COMM	1303	Public Speaking	3
PHED	3213	Foundations of PE/Rec & Sports	3
HLEX		Activity Course	2
HLEX	3543	Kinesiology/Biomechanics & Lab	3
HLSC	3603	Core Concepts of Health	3
			SEMESTER TOTAL: 14 hr

Junior Year Spring Semester			
Course	#	Name	Credits
HLEX	4523	Senior Seminar	3
HLEX	4503	Exercise Physiology & Lab	3
HLEX	3503	General Medical Conditions & Lab	3
SPMT	3203	Administration and Management of Sports & Recreation	3
HLEX		Activity Course	2
			SEMESTER TOTAL: 14 hr

Senior Year Fall Semester			
Course	#	Name	Credits
HLEX	3533	Sport & Exercise Nutrition	3
HLEX	3523	Exercise Prescription for Special Populations	3
HLEX	4713	Research in Health & Exercise Science	3
HLEX	3513	Psychology of Sports	3
		Elective	3
			SEMESTER TOTAL: 15 hr

Senior Year Spring Semester			
Course	#	Name	Credits
HLEX	4513	Personal Training Certification & Lab	3
HLEX	4703	Internship	3
HLSC	3613	Community and Consumer Health	3
		Elective	3
			SEMESTER TOTAL: 12 hr

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