

**Bachelor of Science (B.S.) Degree with Major in Kinesiology**  
*(Health/Wellness concentration)*

**Sample Four-Year Plan**

**First Year Fall (Odd Year)**

BBL	1013	Old Testament Survey
COR	1002	Gateway Seminar
EGL	1013	English I
KIN	1002	Wellness for Life
KIN	2103	First Aid & CPR
	___3	Minor/Elective
Total Hours	16	

**First Year Spring (Even Year)**

BBL	1023	New Testament Survey
EGL	1023	English II
KIN	1__1	Wellness Activity
KIN	2123	Care of Athletic Injuries
KIN	2181	Medical Terminology
MTH	2003	Introduction to Statistics
Total Hours	14	

**Second Year Fall (Even Year)**

BIO	___	Life Science Elective
HST	1013	Western Civilization I
KIN	2113	Foundations of Anatomy & Physiology
		Mechanics
POL	2013	American Government
	___3	Social Science Elective
Total Hours	15-16	

**Second Year Spring (Odd Year)**

BBL	3003	Evangelical Theology
HST	1023	Western Civilization II
KIN	3203	Kinesiology & Applied
	___3	Physical Science Elective
	___	Minor/Elective
Total Hours	15-16	

**Third Year Fall (Odd Year)**

KIN	___4	Kinesiology Elective(s)
KIN	4443	Management in Health & Sport†
	___3	Arts Elective
	___3	Philosophy Elective
	___3	Minor/Elective(s)
Total Hours	16	

**Third Year Spring (Even Year)**

EGL	4003	Masterpieces of Literature
KIN	3303	Nutrition for Health & Human Perf.†
	___3	Global Studies Elective
	___4	Minor/Elective(s)
	___3	Minor/Elective
Total Hours	16	

**Fourth Year Fall (Even Year)**

KIN	___3	Kinesiology Elective
		Life
KIN	4213	Contemporary Issues in Kinesiology†
	___4	Minor/Elective(s)
	___3	Minor/Elective
	___3	Minor/Elective
Total Hours	16	

**Fourth Year Spring (Odd Year)**

BBL	4002	Capstone Seminar in Christian
		Life
KIN	4433	Exercise Physiology†
	___4	Minor/Elective(s)
	___4	Minor/Elective(s)
	___3	Minor/Elective
Total Hours	16	

**Total Hours for Four Years: 124-126**

† Note: The order of alternate year courses will differ depending on whether a student begins his/her studies at JBU in an even or an odd year.