

Degree: B.A. Major: Kinesiology (Exercise Science) 2025 – 2026

COMMON CO	RE (20 hours)	Credit
	ne following courses.	Hours
CORE 1002	OBU Connections†	2
CORE 1023	The Contemporary World	3
CORE 1043	Composition I	3
CORE 1113	Survey of the Bible	3
CORE 1123	Interpreting the Bible	3
CORE 2233	World Literature	3
CORE 2243	History of World Societies	3
CORE 2334	Scientific Inquiry (Satisfied by major)	0
Prerequisite: Comple	etion of the Analytic & Quantitative Reasoning Requirement.	
CORE 3023	Scientific Connections (Satisfied by major)	0
Prerequisite: CORE	2334 Scientific Inquiry	
FLEXIBLE CO		
	ed from each of the seven categories.	
	nantitative Reasoning (Choose one)	
MATH 1003	College Algebra	
MATH 1033	Mathematics for the Liberal Arts	3
PHIL 1003	Introduction to Philosophy	Ū
PHIL 1023	Logic	
Applied Skills	<u> </u>	
	Fundamentals of Public Speaking	3
FINN 2003	Personal Finance	3
Artistic Engagement (Choose one) May be satisfied by participation in the European Study Program.		
FINA 3113	Fine Arts: Art	3
FINA 3123	Fine Arts: Music	
FINA 3133	Fine Arts: Theatre	
Civic Engage	ment in America (Choose one)	
PSCI 2013	American National Government	
HIST 2003	United States History to 1877	3
HIST 2013	United States History Since 1877	
	Appreciation and Communication† (Choose two)	
	of credit in the same foreign language. May also be	6
	oved language-intensive study-abroad experience.	
Physical Well	-being (Satisfied by major)	
KIN 1002	Concepts of Wellness	0
KIN 2073	Health and Safety (Required)	
KIN 2013	Outdoor Leisure Pursuits	
EXPERIENTIAL CORE (1 hour)		
CHAP 1000	Chapel (7 credits required)	0
FINA 4011	Arts Engagement Series	1
Total Core Re		39
	ofer to the School of Interdisciplinary Studies section of the es	

[†] For more detail, refer to the School of Interdisciplinary Studies section of the catalog.

GENERAL GRADUATION REQUIREMENTS		
7 Chapel Credits, or 1 per semester for transfer students		
2.000 minimum GPA (overall, OBU, major, and minor)		
At least 24 hours with grades of C or higher in the major		
Jr./Sr. Hours: At least 39 total, 12 in the major and 6 in the minor		
At least 60 hours taken at OBU, including 30 of last 36 hours.		

MAJOR		Credit	
WIAJOR		Hours	
KIN 1003	Foundations of Kinesiology	3	
KIN 1113	Fundamental Motor Development	3	
KIN 2073	Health and Safety	3	
KIN 2093	Structural Basis of Human Movement	3	
KIN 2903	Methods of Strength Training and Conditioning	3	
KIN 3013	Care & Prevention of Injuries	3	
KIN 3023	Physiology of Exercise	3	
KIN 3073	Adapted Kinesiology	3	
KIN 4023	Field Experience in Kinesiology	3	
KIN 4033	Exercise Prescription and Testing	3	
KIN 4043	Biomechanical Analysis	3	
KIN 4601	Senior Seminar	1	
BIOL 1014	General Biology I	4	
BIOL 2014	Human Anatomy and Physiology I	4	
BIOL 2024	Human Anatomy and Physiology II	4	
CORE 2053	Composition II	3	
Choose two of the following:			
DIET 2043	Sports Nutrition		
KIN 2213	Meth. Teaching & Coaching Individual Activities		
KIN 2223	Meth. Teaching & Coaching Team Activities	6	
KIN 3033	Program Design and Management		
KIN 4013	Org. & Admin. of Kinesiology Programs		
TOTAL		55	
MINOR: Minimum 18 hours		18	
ELECTIVES : Choose courses to total 120 hours, including 39			
Jr/Sr-level hours	i.	8	
CREDIT HOUR SUMMARY			
CORE			
MAJOR			
MINOR (minimum)			
ELECTIVES			
TOTAL		120	