

Degree: B.A.
Major: Kinesiology (Pre-Professional Studies Emphasis)
2025 – 2026

COMMON CORE (20 hours)		Credit Hours
All students take the following courses.		
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: Completion of the Analytic & Quantitative Reasoning Requirement.		
CORE 3023	Scientific Connections (Satisfied by major)	0
Prerequisite: CORE 2334 Scientific Inquiry		
FLEXIBLE CORE (20-21 hours)		
Choose as indicated from each of the seven categories.		
Analytic & Quantitative Reasoning (Choose one)		
Students with an MPI less than 80 must take one of the MATH courses.		
MATH 1003	College Algebra	3
MATH 1033	Mathematics for the Liberal Arts	
PHIL 1003	Introduction to Philosophy	
PHIL 1023	Logic	
Applied Skills (Choose one)		
COMM 1003	Fundamentals of Public Speaking	3
FINN 2003	Personal Finance	
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 Engagement in America (Choose one)		
PSCI 2013	American National Government	3
HIST 2003	United States History to 1877	
HIST 2013	United States History Since 1877	
Intercultural Appreciation and Communication† (Choose two)		
Two semesters of credit in the same foreign language. May also be satisfied by approved language-intensive study-abroad experience.		
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Physical Well-being (One course)		
KIN 1002	Concepts of Wellness	2-3
KIN 2073	Health and Safety	
KIN 2013	Outdoor Leisure Pursuits	
EXPERIENTIAL CORE (1 hour)		
CHAP 1000	Chapel (7 credits required)	0
FINA 4011	Arts Engagement Series	1
Total Core Requirements		41-42

† 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 Hours
KIN 1003	Foundations of Kinesiology	3
KIN 1113	Fundamental Motor Development	3
KIN 2093	Structural Basis of Human Movement	3
KIN 2903	Methods of Strength Training & Conditioning	3
KIN 3013	Care and Prevention of Injuries	3
KIN 3023	Physiology of Exercise	3
KIN 3073	Adapted Kinesiology Methods	3
KIN 4013	Org. & Admin. of Kinesiology Programs	3
KIN 4023	Field Experience in Kinesiology	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
NSCI 2001	Health Professions Seminar	1
NSCI 4002	Medical Terminology	2
DIET 2043	Sports Nutrition	3
CORE 2053	Composition II	3
Choose one of the following*:		
BIOL 3014	Microbiology	3-4*
BIOL 3163	Neurobiology	
BIOL 4054	Genetics	
BIOL 4064	Cell and Molecular Biology	
*Note: These courses have math/science prerequisites.		
TOTAL		55-56

MINOR: The minor requirement is waived.

ELECTIVES: Choose courses to total 120 hours, including 39 Jr./Sr-level hours.

CREDIT HOUR SUMMARY	
CORE	41-42
MAJOR	55-56
ELECTIVES	22-24
TOTAL	120