

OUACHITA BAPTIST UNIVERSITY

Degree: B.A.

Major: Kinesiology and Leisure Studies (Pre-Professional)

2016-17

COMMON CORE		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 2213	Western Civilization in Global Context	3
CORE 2233	World Literature	3
CORE 2334	Scientific Inquiry (Satisfied by major)	0
CORE 3023	Scientific Connections (Satisfied by major)	0
FLEXIBLE CORE		
Choose as indicated from each of the seven categories.		
Analytic & Quantitative Reasoning (One course*)		3
MATH 1003	College Algebra	
MATH 1033	Mathematics for the Liberal Arts	
PHIL 1003	Introduction to Philosophy	
PHIL 1023	Logic	
* Students with ACT math score of 22 or less (SAT 530 or less) must choose one of the MATH courses.		
Applied Skills (One course)		3
COMM 1003	Fundamentals of Public Speaking	
FINN 2003	Personal Finance	
Artistic Engagement (One course**)		3
FINA 3113	Fine Arts: Art	
FINA 3123	Fine Arts: Music (May be satisfied by minor)	
FINA 3133	Fine Arts: Theatre	
** May be satisfied by participation in the European Study Program.		
Civic Engagement in America (One course)		3
PSCI 2013	American National Government	
HIST 2003	United States History to 1877	
HIST 2013	United States History Since 1877	
Intercultural Appreciation and Communication† (Two courses)		6
CHIN, FREN, GERM, GREK, HEBR, LATN, JAPN, SPAN	Two semesters of credit in the same foreign language. May also be satisfied by approved language-intensive study-abroad experience.	
Physical Well-being (One course)		2-3
KIN 1002	Concepts of Wellness	
KIN 2073	Health and Safety	
LST 2013	Outdoor Leisure Pursuits	
EXPERIENTIAL CORE		
CHAP 1000	Chapel (7 credits required†)	0
FINA 4011	Arts Engagement Series	1
UNIVERSITY WRITING AND ORAL COMMUNICATION		
College Writing 1 – Composition I or equivalent		
College Writing 2 – Composition II or approved course in major		
College Writing 3 – Approved upper-level course in major		
Oral Communication – Satisfied by approved course(s) in major		
TOTAL		41-42

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

MAJOR		Credit Hours
KIN 1003	Foundations of Kinesiology & Leisure Studies	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 & Leisure Studies Methods	3
KIN 4013	Org. & Admin. of KIN/LST Programs	3
KIN 4023	Field Experience in KIN/LST	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	4*
BIOL 3064	Neuroscience	
BIOL 4054	Genetics	
BIOL 4064	Cell and Molecular Biology	
*Note: These courses have math/science prerequisites.		
Total		56

MINOR: The minor requirement is waived for this emphasis	0
---	----------

ELECTIVES: Choose courses to reach 120 hours.	25
--	-----------

CREDIT HOUR SUMMARY	
CORE	41-42
MAJOR	56
ELECTIVES	22-23
TOTAL	120

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

Semester 1		
BIOL	1014	General Biology (Zoology)
CORE	1043	Composition 1
CORE	1113	Survey of the Bible
KIN	1003	Foundations of KIN/LST
CORE	1002	OBU Connections
Total Hours: 15		

Semester 2		
CORE	1023	Contemporary World
KIN	1113	Fund. Motor Development
CORE	1053	Composition II (req. for KLS)
KIN	1xx2/3	Physical Well Being (menu)
MATH	1043	College Algebra
CORE	1123	Bible Interpretation
Total Hours: 17/18		

Semester 3		
XXXX	xxx3	Civic Engagement Menu
CORE	Xxx3	Applied Skills Menu
KIN	2093	Struct. Basis of Movement
DIET	2043	Sports Nutrition
XXXX	XXX3	Interc. Apprec/Comm 1
Total Hours: 15		

Semester 4		
CORE	2213	Western Civ in Global Context
CORE	2233	World Literature
XXXX	Xxx3	Intercultural Apprec/Comm 2
XXXX	Xxx3	Elective
XXXX	Xxx3	Elective
Total Hours: 15		

Semester 5		
KIN	3013	Care & Prevention of Injuries
BIOL	2014	Human Anatomy & Phys. I
CORE	3023	Scientific Connections (or Chem)
XXXX	3xx3/4	Elective (junior/Senior)
NSCI	2001	Health Professions Seminar
Total Hours: 14/15		

Semester 6		
KIN	3073	Adapted KIN/LST Methods
FANA	3xx3	Artistic Engagement
BIOL	2024	Human Anatomy and Phys. II
FINA	4011	Arts Engagement Series
XXXX	3xx3/4	Elective (junior/Senior)
Total Hours: 14/15		

Semester 7		
NSCI	4002	Medical Terminology
KIN	4013	Adm. of KLS programs
BIOL	XXX4	1 of the 4 Required
KIN	2903	Methods Strength/Cond
KIN	4043	Biomechanical Analysis (F)
Total Hours: 15		

Semester 8		
KIN	4081	Senior Seminar
KIN	4023	Field Experience in KLS
KIN	3023	Physiology of Exercise
XXXX	xxx3/4	Elective
XXXX	3XX3/4	Elective (junior/Senior)
Total Hours: 13/15		

A Major in Kinesiology and Leisure Studies with an emphasis in Pre-Professional Studies requires the completion of the University Core and a set of courses offered by the Department of Kinesiology and Leisure Studies, the Department of Biological Sciences, and the Department of Dietetics and Nutrition. This interdisciplinary emphasis, designed to prepare graduates for entry into graduate and/or professional programs in the areas of athletic training, exercise science, physical/occupational therapy, or other related fields, does not require a minor. Students who are interested in pursuing professional degrees after attending Ouachita should plan carefully and consult with potential professional schools concerning their requirements.