

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	4
CORE 3023	Scientific Connections	3
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	
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 (Satisfied by major)		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		48-49

† 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 REQUIREMENTS		Credit Hours
KIN 1003	Foundations of KIN & LST	3
KIN 1113	Fundamental Motor Development	3
KIN 2213 <i>or</i> KIN 2223	Teaching & Coaching Indiv. Activities <i>or</i> Teaching & Coaching Team Activities	3
KIN 3013	Care & Prevention of Injuries	3
KIN 3073	Adapted KIN/LST Methods	3
KIN 4013	Org. & Admin. of KIN/LST Programs	3
KIN 4023	Field Experience in KIN/LST	3
KIN 4601	Senior Seminar	1
LST 3013	Program Design and Management	3
LST 3023	Outdoor Adventure	3
LST 3033	Outdoor Skills and Techniques	3
LST 4842	Backpacking and Nature Awareness	2
CORE 2053	Composition II	3
Total		36

MINOR: Minimum 18 hours (see specific requirements)	18
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ELECTIVES: Choose courses to reach 120 hours.	17-18
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CREDIT HOUR SUMMARY	
CORE	48-49
MAJOR	36
MINOR	18
ELECTIVES	17-18
TOTAL	120

A major in kinesiology and leisure studies with an emphasis in recreation completion of the university CORE and a set of courses offered by the department of kinesiology and leisure studies. A student selecting the recreation emphasis will be required to also select a minor or another major of their choosing. Popular minors include dietetics, business administration, sociology and communication. Students selecting this emphasis are interested in pursuing a vocation in parks and recreation, outdoor recreation, the national park service, game and fish, working with the disabled, and/or recreation camps. If you love the outdoors this is the emphasis for you.

Semester 1	
CORE 1002	OBU Connections
CORE 1043	Composition I
CORE 1113	Survey of the Bible
MATH / PHIL	Analytic / Quantitative Reasoning Menu
KIN 1003	Foundations of Kinesiology and Leisure Studies
KIN / LST	Physical Well-being Menu
Total Hours: 16-17	

Semester 2	
CORE 1023	Contemporary World
CORE 2053	Composition II (Required for KIN/LST)
CORE 1123	Interpreting the Bible
KIN 1113	Fundamental Motor Development
KIN/LST/PEAC	Methods / Activity Course (1 hour)
Total Hours: 12-13	

Semester 3	
CORE 2334	Scientific Inquiry
COMM / FINN	Applied Skills Menu
KIN 2213 <i>or</i>	Teaching & Coaching Individual Activities
KIN 2223	Teaching & Coaching Team Activities
Minor / Elective	Minor / KIN / LST / Elective
Minor / Elective	Minor / KIN / LST / Elective
Total Hours: 15-16	

Semester 4	
CORE 2213	Western Civilization in Global Context
CORE 2233	World Literature
PSCI / HIST	Civic Engagement in America Menu
Minor / Elective	Minor / KIN / LST / Elective
Minor / Elective	Minor / KIN / LST / Elective
Total Hours: 15	

Semester 5	
Foreign Lang. I	Intercultural Appreciation & Communication Menu I
FINA 31_3	Artistic Engagement Menu
KIN 3013	Care and Prevention of Injuries
Minor / Elective	Minor / KIN / LST / Elective
Minor / Elective	Minor / KIN / LST / Elective
Total Hours: 15	

Semester 6	
Foreign Lang. II	Intercultural Appreciation & Communication Menu II
KIN 3073	Adapted KIN / LST Methods
LST 3013	Program Design and Management
LST 3023	Outdoor Adventure (S Odd)
Minor / Elective	Minor / KIN / LST / Elective
Total Hours: 15	

Semester 7	
CORE 3023	Scientific Connections
KIN 4013	Organization and Administration of KIN / LST Programs
LST 4842	Backpacking and Nature Awareness
Minor / Elective	Minor / KIN / LST / Elective
Minor / Elective	Minor / KIN / LST / Elective
Minor / Elective	Minor / KIN / LST / Elective
Total Hours: 15-17	

Semester 8	
FINA 4011	Arts Engagement Series
KIN 4023	Field Experience in KIN / LST
KIN 4601	Senior Seminar
LST 3033	Outdoor Skills and Techniques (S Even)
Minor / Elective	Minor / KIN / LST / Elective
Minor / Elective	Minor / KIN / LST / Elective
Total Hours: 14	