



## Kinesiology and Health Promotion

**Degree Awarded:** Bachelor of Arts

**Requirements for the Major:** 47-53 credits plus 15 prerequisite credits

The multidisciplinary Kinesiology and Health Promotion curriculum provides theory and practice necessary for preparation of the kinesiology and health promotion professional. The Kinesiology concentration will focus on the health enhancement of the individual through understanding the role of movement. The Health Promotion concentration will focus on health promotion within individuals, communities, organizations, and worksites striving to impact and effect a cultural change.

Some of the distinctive opportunities found within this major are:

1. Opportunities to work with individuals and organizations in health enhancement
2. Embracing the mission statement of the university of the mind, body, and spirit connection in health
3. Hands-on experiences involving students in various learning environments
4. Supervised internships available in a variety of settings
5. Focus on effective behavior change theory and application

The study of kinesiology and health promotion can lead to a variety of careers involving teaching, research, coaching and delivery of services related to physical activity and fitness, health promotion, rehabilitation and sports medicine. Positions are found in a variety of settings including universities, public and private agencies, clinical environments, government, business and fitness centers. Graduates in this field often assume positions of wellness program directors, corporate wellness coordinators, exercise specialists, strength and conditioning specialists, health promotion planners, personal trainers, and wellness coaches.

**Prerequisites for courses for the major:**

**Essential Competencies-Outcome Iterations**  
**\*\*Transfer courses do not receive outcome iterations\*\***

				CI	IL	W	O	Q	GA	V
	BIOL 101	General Biology I	4	x		x				
	PSYC 101	General Psychology	3	x		x				
	BIOL 160	Human Anatomy	4							
	BIOL 165	Human Physiology	4							
		CPR Documentation								

These courses will not be counted in computing the GPA for the major.

### Requirements for the Major:

The major consists of a Kinesiology and Health Promotion curriculum core (20 credits) plus the selection of an emphasis in Health Promotion, Kinesiology, or Pre-Athletic Training (27-33 credits each). Students may select multiple concentrations if they wish to complete additional studies.

**Kinesiology and Health Promotion Core**

**Essential Competencies-Outcome Iterations**  
**\*\*Transfer courses do not receive outcome iterations\*\***

				CI	IL	W	O	Q	GA	V
	KINH 155	Careers in Kinesiology and Health Promotion	1							
	KINH 188	Personal and Community Health	1		x					
	KINH 205	Lifetime Fitness and Wellness	3	x						x
	KINH 247	Leadership Skills for Conditioning/Strength Training Instruction	1							
	BIOL 140	Introduction to Nutrition	3	x					x	
	KINH 399	Internship	3			x				
	KINH 440	Kinesiology and Health Promotion Practicum	3				x			
	KINH 450	Senior Seminar	3				x		x	x

This information must be used in conjunction with the 2020-2021 Grand View University Catalog and does not reflect a student's official record of progress. Students are expected to use the Progress tool found on myView > GV Self Service when monitoring and planning coursework. Other available resources include: Course Planning Documents (found on myView under Academics) and the faculty and staff who work with academic requirements.

**Complete a concentration in Health Promotion, Kinesiology, or Pre-Athletic Training:****Health Promotion Concentration****Essential Competencies-Outcome Iterations****\*\*Transfer courses do not receive outcome iterations\*\***

				CI	IL	W	O	Q	GA	V
	LIBL 200 or BSAD 145	Computer and Information Literacy or Fundamentals of Information Systems	3		x					
	KINH 276	Principles and Foundations of Health Promotion	3		x	x				
	BSAD 315	Marketing	3							
	ENGL 309	Writing for Business	3			x	x	x		
	KINH 345	Worksite Health Promotion	3							
	KINH 410	Program Planning and Evaluation	3							

**Take 9 credits from the following:**

				CI	IL	W	O	Q	GA	V
	Health Promotion electives:									
	PSYC 373	Stress and Anxiety Management	2							
	COMM 255	Public Relations Principles	3				x			
	BSAD 375	Human Resource Management	3							
	PSYC 212	Human Development	4							
	BSAD/SOCS 410	Organizational Behavior	3							
	PSYC 363	Psychology and Health	3							
	Kinesiology electives:									
	KINH 281	Care and Prevention of Athletic Injuries	3							
	KINH 371	Kinesiology	3							
	KINH 391	Exercise Physiology	3			x				
	KINH 447	Exercise Testing and Prescription	3					x		

**Kinesiology Concentration****Essential Competencies-Outcome Iterations****\*\*Transfer courses do not receive outcome iterations\*\***

				CI	IL	W	O	Q	GA	V
	KINH 281	Care and Prevention of Athletic Injuries	3							
	KINH 351	Exercise Psychology	3							
	KINH 361	Motor Control and Learning	3							
	KINH 371	Kinesiology	3							
	KINH 376	Biomechanics	3							
	KINH 391	Exercise Physiology	3			x				
	KINH 421	Advanced Strength and Conditioning	3							
	KINH 447	Exercise Testing and Prescription	3					x		

**Take 3 credits from the following:**

				CI	IL	W	O	Q	GA	V
	LIBL 200	Computer and Information Literacy	3		x					
	STAT 241	Principles of Statistics	4	x				x		
	KINH 276	Principles and Foundations of Health Promotion	3		x	x				
	KINH 345	Worksite Health Promotion	3							

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### Pre-Athletic Training Concentration (3+2)

See the catalog and web site for the Master of Science in Athletic Training for additional information about program requirements.

In the major's core,

- ATGR 541 will be substituted for the KINH 399 requirement
- ATGR 542 will be substituted for the KINH 440 requirement

Students must earn a B minus (B-) or above in ATGR 541 and ATGR 542.

Students in the Pre-Athletic Training Concentration (3+2) must complete a minimum of 100 undergraduate credits before transitioning into their fourth year of study.

#### Essential Competencies-Outcome Iterations

**\*\*Transfer courses do not receive outcome iterations\*\***

				CI	IL	W	O	Q	GA	V
	KINH 351	Exercise Psychology	3							
	KINH 361	Motor Control and Learning	3							
	KINH 371	Kinesiology	3							
	KINH 376 or PHYS 131	Biomechanics or General Physics I	3 or 4							
	KINH 391	Exercise Physiology	3			x				
	KINH 447	Exercise Testing and Prescription	3					x		
	CHEM 111 or CHEM 103	General Chemistry I or Introduction to Chemistry	4	x x				x x		
	STAT 239 or STAT 241	Statistics for Social Sciences or Principles of Statistics	3 or 4	x x				x x		
	ATGR 501	Introduction to Emergency Care	3							
	ATGR 523	Therapeutic Interventions II	3							

The courses in the Kinesiology and Health Promotion core and concentration will be counted in computing the 2.20 GPA required for this major. Students majoring in Kinesiology and Health Promotion must achieve a grade of C or above in all the required courses in order to graduate, though students in the Pre-Athletic Training concentration must also earn a B minus (B-) or above in ATGR 541 and ATGR 542.