



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 Pre-Athletic Training Concentration will emphasize health enhancement and human motion in preparation for entrance into the Master of Science in Athletic Training.

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****

| | | | | IL | W | O | Q | GA | V |
|--|----------|--------------------|---|----|---|---|---|----|---|
| | BIOL 101 | General Biology I | 4 | | x | | | | |
| | PSYC 101 | General Psychology | 3 | | 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****

| | | | | 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 |
| | KINH 247 | Leadership Skills for Conditioning/Strength Training Instruction | 1 | | | | | | |
| | BIOL 140 | Introduction to Nutrition | 3 | | | | | 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 2023-2024 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 myGVU >Tools > My Academics > 'Plan and register for courses' to monitor and plan coursework. Other available resources include: Course Planning Documents (found on myGVU under Academics and Advising Resources) and the faculty and staff who work with academic requirements.

Complete a concentration in Kinesiology or Pre-Athletic Training: Kinesiology Concentration

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

| | | | | 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:

| | | | | IL | W | O | Q | GA | V |
|--|----------|------------------------------------------------|---|----|---|---|---|----|---|
| | STAT 241 | Principles of Statistics | 4 | | | | x | | |
| | KINH 276 | Principles and Foundations of Health Promotion | 3 | x | x | | | | |
| | KINH 345 | Worksite Health Promotion | 3 | | | | | | |

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**

| | | | | 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 | | |
| | STAT 239 or STAT 241 | Statistics for Social Sciences or Principles of Statistics | 3 or 4 | | | | 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.