### Westmont College - Bachelor of Science in Kinesiology (60 units)

#### STUDENT INFORMATION

- **First and Last Name:**
- **E-Mail Address:**
- **Proposed Area of Interest:**

#### LOWER DIVISION REQUIREMENTS (23)

- KNS 072 Foundations of Kinesiology (3)
- KNS/BIO 11 Human Anatomy (4)
- BIO 012 Human Physiology (4)
- KNS/BIO 40 Human Nutrition (4)
- PSY 001 General Psychology (4)
- MA 005 Introduction to Statistics (4)

#### UPPER DIVISION (25)

- KNS 101 Basic Biomechanics (4)
- KNS 105 Physiology of Exercise (4)
- KNS 157 Psychology of Sport and Movement (2)
- KNS 166 Movement: Pedagogy and Leadership (4)
- KNS 181 Special Populations (4)
- KNS 185 Motor Behavior (2)
- KNS 195 Senior Seminar (2)

Choose one:

- KNS 110 Cardiovascular Dynamics (3)
- KNS 151 Prevention/Treatment of Ath. Injuries (3)
- KNS 160 Strength and Conditioning (3)

#### ELECTIVES (12)

- KNS 054 First Aid/CPR (2)
- KNS 110 Cardiovascular Dynamics (3)
- KNS 120 Nutrition for Athletes (2)
- KNS 122 Nutrition for the Health Professional (2)
- POL/KNS 141 Politics of Sports (4)
- KNS 150 Exploring Public Health (2)
- KNS 151 Prevention/Treatment of Athletic Injuries (3)
- KNS 152 Therapeutic Exercise and Modalities (2)
- KNS 155 Fundamentals of Movement (2)
- KNS 156 Health Education for the Classroom Teacher (2)
- KNS 160 Strength and Conditioning (3)
- KNS 161 Fitness for Older Adults (2)
- KNS 162 Physical/Psych/Social Aspects of Aging (2)
- KNS 167 International Issues in the Sport Sciences (3)**
- KNS 190 Practicum (1-4)
- KNS 198 Research (1-2)
- BIO 005/06 General Biology I,II (4, 4) Fall, Spring
- CHM 005/06 General Chemistry I, II (4, 4) Fall, Spring
- MA 009 Elementary Calculus (4)
- PH 011/012 Physics for Life Sciences I, II (4,5) Fall, Spring
- PH 021/023 General Physics I, II (4,4) Fall, Spring
- PSY 115 Child Development (4) Fall
- PSY 131 Abnormal Psychology (4) Spring

**Offered in Europe Mayterm Program

#### GRADUATE SCHOOL PRE-REQUISITES

The following courses are recommended for students considering graduate education in the following areas. However, it is important that students check requirements for specific graduate schools. Pre-requisite requirements will vary between programs.

**PRE-MED (minimum requirements)**

- General Chemistry with Lab (1 year)
- Organic Chemistry with Lab (1 year)
- Physics with Lab (1 year)
- Biology with lab (1 year)

**PRE-NURSING**

- Biology with Lab (1 year)
- Microbiology with Lab (1 year)
- Chemistry with Lab (1 year)
- Developmental Psychology (1 year)

**PRE-NUTRITION**

- Organic Chemistry
- Biochemistry
- Microbiology
- Abnormal Psychology

**PRE-PHYSICAL THERAPY**

- Chemistry (1 year)
- Biology (1 year)
- Physics (1 year)
- Abnormal and/or Developmental Psychology (4)
- Spanish (Highly Recommended)
- Statistics

**PRE-PHYSICIAN ASSISTANT**

- Chemistry (1 year)
- Biology (1 year)
- Microbiology (1 semester)
- Cultural Anthropology (1 semester) or
- Sociology (1 semester)
- Spanish (Highly Recommended)

**PRE-OCCUPATIONAL THERAPY**

- Abnormal Psychology (1 semester)
- Developmental Psychology
- Cultural Anthropology OR
- Sociology (1 semester)
- Fine Arts Skills Course (Ceramics, Painting, Crafts, Drawing)
- Spanish (Highly Recommended)

**GRADUATE STUDY IN THE SPORT SCIENCES**

- Research
- Electives based on selected areas of emphasis.
Bachelor of Science in Kinesiology
General Requirements

*Minimum grade of D- required to satisfy General Education Requirements

### I. Common Contexts (20 units)

<table>
<thead>
<tr>
<th>A. Biblical and Theological Canons - 12 Units at Westmont College</th>
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<tbody>
<tr>
<td>☐ Life and Literature of the Old Testament (4)</td>
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<tr>
<td>☐ Life and Literature of the New Testament (4)</td>
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<tr>
<td>☐ Introduction to Christian Doctrine (4)</td>
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<thead>
<tr>
<th>B. Introduction to the Christian Liberal Arts - 8 Units at Westmont College</th>
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<tr>
<td>☐ Philosophical Reflections on Truth and Value (4)</td>
</tr>
<tr>
<td>☐ World History in Christian Perspective (4)</td>
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### II. Common Inquiries - One course in each of the 8 categories.

| ☐ Reading Imaginative Literature (4) |
| ☐ Exploring the Physical Sciences (4) (PH 011) |
| ☐ Exploring the Life Sciences (4) (BIO 011) |
| ☐ Performing & Interpreting the Arts (4) |
| ☐ Reasoning Abstractly (4) |
| ☐ Thinking Globally (4) |
| ☐ Thinking Historically (4) |
| ☐ Understanding Society (4) (POL/KNS 141) |

### III. Common Skills

<table>
<thead>
<tr>
<th>A. Three writing-intensive or speech-intensive courses:</th>
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<tr>
<td>☐ Writing for the Liberal Arts (ENG 002 - Composition)</td>
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If course above is NOT ENG 002, CIRCLE qualifying test:  
ACT SAT/WRI TSWE

| ☐ Writing/speech WITHIN the major (KNS 072, KNS 166) |
| ☐ Writing/speech OUTSIDE the major |

| B. Quantitative and Analytical Reasoning (MA 005, CHM 05, PHY 011) |

| C. Modern / Foreign Languages (4) |

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<th>D. Physical Education (4)</th>
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| 1. ☐ Fitness for Life  
2. ☐ ________________  
3. ☐ ________________  
4. ☐ ________________ |

### IV. Competent and Compassionate Action

<table>
<thead>
<tr>
<th>A. Complete ONE of the following two options:</th>
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<tbody>
<tr>
<td>☐ Productions and Presentations (KNS 101)</td>
</tr>
<tr>
<td>☐ Integrating the Major Discipline</td>
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<thead>
<tr>
<th>B. Complete ONE of the following two options:</th>
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<tbody>
<tr>
<td>☐ Serving Society; Enacting Justice (KNS 181)</td>
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<tr>
<td>☐ Communicating Cross-Culturally</td>
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