

# Kinesiology

## Faculty

Dr. Jessica Miles, Chair

Mr. Andrew Shearer

## *Aims of Kinesiology*

The aims of the Kinesiology program of Florida College are to: (a) share in fulfilling the mission and philosophy of Florida College; (b) prepare students for careers of service and leadership in areas such as athletic training, human performance, wellness, health promotion, occupational therapy, physical therapy, sport and recreation management, and physical education, and others; and (c) support students in meeting requirements for entrance into related graduate programs.

## *Kinesiology (BS)*

Dr. Miles, *Program Coordinator*

The Florida College Kinesiology Program is taught from a Biblical perspective and offers a multidisciplinary study of human movement involving components of biological, physical, psychological, and health sciences to explain structural and functional changes that occur on the physiological, physical and biomechanical levels. The wide range of subject matter within Kinesiology prepares graduates for different career pathways, both entry-level positions in the health and human performance field, as well as entrance into related graduate programs, particularly Occupational Therapy (OT) and Physical Therapy (PT). Graduates will learn how to best utilize physical activity to improve health and human performance for different populations, including both patients and clients, dependent upon chosen field.

## **Admittance Requirements**

All of the following requirements must be met prior to admission, typically before the Fall semester of the Junior year.

### *Minimum GPA requirements:*

- 2.5 GPA or higher for Exercise Science Specialization Degree Path
- 3.0 GPA or higher for Pre-OT and Pre-PT Degree Paths
- Caveat - if students do not meet minimum GPA requirements at time of application but are mathematically able to reach the minimum standards at the end of the spring semester in which they apply, they may apply. Students are responsible for submitting an updated transcript to demonstrate minimum GPA.

### *Course requirements:*

- Completion of the following courses with a "C" or better
  - APK 1000 (may be in progress at time of application)
  - BSC 2085 with Lab
  - BSC 2086 with Lab (may be in progress at time of application)
  - Caveat - if students do not meet minimum grade requirements for any course at time of application but are in-progress of retaking a course at time of application, they may apply. Students are responsible for submitting an updated transcript to demonstrate they have attained the minimum grade of a "C."

## **Application Process**

Students should use the [Kinesiology Application](#) link to complete their application for admission no later than the first Friday in March. Any questions regarding the application process should be directed to Dr. Jessica Miles at [milesj@floridacollege.edu](mailto:milesj@floridacollege.edu).

### **Total Semester Hours**

Candidates must complete a minimum of 120 semester hours of accredited academic college work, excluding physical education activity courses (unless these bear academic credit). The four-year degree plan for Kinesiology with specialization in Exercise Science requires a minimum of 120 hours, for Kinesiology with specialization in Pre-Physical Therapy requires a minimum of 121 hours, and for Kinesiology with Pre-Occupational Therapy requires 122 hours.

### **General Education Requirements**

All students must complete the 36-hour general education core, and two (2) hours of physical education classes as a graduation requirement. Individual degree paths may have additional requirements in the general education core. See the Kinesiology degree path below for the specific requirements of that degree path.

### **Daily Bible Requirements**

All students must take a Biblical Literature course each day that they take classes on the Florida College campus. Campus resident students must take a Bible course each day.

### **Quality of Work**

- 2.25 GPA or higher for Exercise Science Specialization Degree Path
- 2.75 GPA or higher for Pre-PT and Pre-OT Degree Paths
- A grade of “C” or better for required courses (except for daily Bible courses)

### **Residency Requirement**

Students must complete all upper division methods courses at Florida College, to receive the Bachelor of Science degree in Kinesiology. Students may petition the department chair for exceptions in extraordinary cases.

### **Graduation Ceremony**

Candidates for the Bachelor of Science degree in Kinesiology must participate in Commencement in the year of completing their other requirements. Any exceptions must be cleared with the Registrar.

### **Lower-Division General Education Course Requirements for Kinesiology**

- BSC 2085C Human Anatomy and Physiology I (4)
- BSC 2086C Human Anatomy and Physiology II (4)
- ENC 1101 Freshman Composition I (3)
- ENC 1102 Freshman Composition II (3)
- HLP 2081 Health and Wellness (1)
- PEM 1121 Stretch and Strengthen (1) or PEM 1181 Weight Training (1) and two additional physical education hours (Required for Exercise Science)
- PSY 1012 General Psychology (3)
- DEP 2045 Lifespan/Developmental Psychology (3)
- SPC 1608 Public Speaking
- STA 2023 Elementary Statistics (3)
- MAC 1105 College Algebra (3) or MAC 1114 Precalculus Trigonometry (Required of PT and OT specializations)
- Humanities Requirement (6 including LIT 2371)
- Additional Natural Science (8)—BSC 2010 Biology Processes I with Lab and BSC 2011 Biology Processes II with Lab Required of PT Majors; CHM 1045 General Chemistry I with Lab and CHM 1046 General Chemistry II with Lab required of OT Majors

- Additional Natural Sciences are required for graduate school, based on the student's chosen area of study. BSC 2085C and BSC 2086C can count for these 8 hours of credit.
- Social Science (3)
- SPC 1608 Public Speaking
- REL 1210 History and Geo of the OT
- REL 1240 History and Geo of the NT
- Bible Additional Daily Bible course for each semester

**Discipline-Specific Lower Division Kinesiology Course Requirement (3 hours)**

- APK 1000 Intro to Kinesiology (3)

**Discipline-Specific Upper Division Kinesiology Course Requirements (28 hours)**

- APK 3004 Kinesiology (3)
- APK 3113 Principles of Strength and Conditioning (3)
- APK 3200 Motor Learning/Control in Exercise Science (3)
- APK 3304 Prevention and Care of Athletic Injury (3)
- APK 3405 Exercise Physiology with lab (4)
- APK 4125 Physical Fitness Assessment and Exercise Prescription (3)
- APK 4220 Biomechanics in Human Motion (3)
- APK 4940 Internship (3) equivalent to 200 clock hours
- PHI 3633 Introduction to Biomedical Ethics (3)

**Discipline-Specific Requirements for Specialization in Exercise Science (21 credit hours chosen from menu below and 2 additional PE electives)**

- APK 3163 Sports Nutrition (3)
- APK 4334 Exercise Science and Chronic Disease (3)
- APK 4710 Research Methods in Kinesiology (3)
- APK 4905 Special Topics in Kinesiology (1-3)
- COM 2000 Introduction to Communication (3)
- HSC 1351 Medical Terminology (3)
- HUN 2201 Fundamentals of Human Nutrition (3)
- PET 3251 Sports in American Society (3)
- PSY 4832 Sports Psychology (3)
- SPC 4710 Intercultural Communication (3)
- SPM 3004 Introduction to Sport Management (3)
- SPM 4104 Facility and Event Management (3)
- SPM 4154 Organization and Administration of Sports (3)

**Discipline-Specific Requirements for Specialization in Occupational Therapy (18 credit hours chosen from menu below)**

- APK 3163 Sports Nutrition (3)
- APK 4334 Exercise Science and Chronic Disease (3)
- APK 4710 Research Methods in Kinesiology (3)
- APK 4905 Special Topics in Kinesiology (1-3)
- CLP 4143 Abnormal Psychology (3)
- COM 2000 Introduction to Communication (3)
- DEP 4054 Developmental Psychology (3)
- HSC 1351 Medical Terminology (3)
- HUN 2201 Fundamentals of Human Nutrition (3)
- PET 3251 Sports in American Society (3)
- PSY 4832 Sports Psychology (3)
- SPC 4710 Intercultural Communication (3)
- SPM 3004 Introduction to Sport Management (3)
- SPM 4104 Facility and Event Management (3)

- PHY 1053 General Physics I with lab (4)
- PHY 1054 General Physics II with lab (4)

**Discipline-Specific Requirements for Specialization in Pre-Physical Therapy (20 credit hours chosen from menu below)**

- APK 3163 Sports Nutrition (3)
- APK 4334 Exercise Science and Chronic Disease (3)
- COM 2000 Introduction to Communication (3)
- HSC 1351 Medical Terminology (3)
- HUN 2201 Fundamentals of Human Nutrition (3)
- PET 3251 Sports in American Society (3)
- PHY 1053 General Physics I with lab (4)\*\*
- PHY 1054 General Physics II with lab (4) \*\*
- PSY 4832 Sports Psychology (3)
- SPC 4710 Intercultural Communication (3)
- SPM 3004 Introduction to Sport Management (3)
- SPM 4104 Facility and Event Management (3)

\*\*Highly recommended and in sample degree plan for those planning to pursue graduate work in physical therapy. May be counted as specialization hours.

RECOMMENDED PLAN FOR BS DEGREE IN KINESIOLOGY WITH EXERCISE SCIENCE SPECIALIZATION (120 HOURS)

<b>Fall - Year One</b>	<b>Hours</b>	<b>Spring - Year One</b>	<b>Hours</b>
ENC 1101 - Freshman Composition I	3	ENC 1102 - Freshman Composition II	3
MAC 1105 - College Algebra	3	STA 2023 - Elementary Statistics	3
REL 1210 - Hist. & Geog.: OT	2	PSY 1012 - General Psychology	3
REL 1273 - Biblical Worldview	1	REL 1240 - Hist. & Geog.: NT	2
HLP 2081 - Health and Wellness	1	REL 1780 - Evidences	1
BSC 2085C - Anatomy & Phys I	4	BSC 2086C - Anatomy & Phys II	4
(Weightlifting or Stretch/ Strengthen)	1		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>
<b>Fall - Year Two</b>	<b>Hours</b>	<b>Spring - Year Two</b>	<b>Hours</b>
Bible MWF	2	Bible T/R	1
Bible T/R	1	LIT 2371 - OT Poetry & Wisdom	3
DEP 2045 - Lifespan Psychology	3	Natural Science w/Lab	4
Natural Science w/Lab	4	Social Science Requirement	3
SPC 1608 - Public Speaking	3	Humanities Requirement	3
APK 1000 - Intro to Kinesiology	3	(Weightlifting or Stretch/ Strengthen)	1
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>
<b>Fall - Year Three</b>	<b>Hours</b>	<b>Spring - Year Three</b>	<b>Hours</b>
Bible (2 classes)	2	Bible (2 classes)	2
APK 3004 - Kinesiology	3	APK 4220 - Biomech. in Human Motion	3
APK 3113 - Principles of Str. and Cond.	3	APK 3405 - Exercise Physiology w/Lab	4
Physical Education	1	Specialization Hours	3
Specialization Hours	6	APK 3304 - Prev & Care Ath Injuries	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>
<b>Fall - Year Four</b>	<b>Hours</b>	<b>Spring - Year Four</b>	<b>Hours</b>
Bible (2 classes)	2	Bible	1
APK 4125 Physical Fitness Assessment and Exercise Prescription	3	PET 4940 - Internship	3
Physical Education	1	APK 3200 Motor Learning/Control in Exercise Science	3
Specialization Hours	9	PHI 3633 Biomedical Ethics	3
<b>Total</b>	<b>15</b>	Specialization Hours	3
		<b>Total</b>	<b>13</b>

RECOMMENDED PLAN FOR BS DEGREE IN KINESIOLOGY WITH PRE-OCCUPATIONAL THERAPY  
SPECIALIZATION (121 HOURS)

<b>Fall - Year One</b>	<b>Hours</b>	<b>Spring - Year One</b>	<b>Hours</b>
ENC 1101 - Freshman Composition I	3	ENC 1102 - Freshman Composition II	3
STA 2023 - Elementary Statistics	3	MAC 1114 - Precalculus Trig	3
REL 1210 - Hist. & Geog.: OT	2	DEP 2045 - Lifespan Psychology	3
REL 1273 - Biblical Worldview	1	REL 1240 - Hist. & Geog.: NT	2
PSY 1012 - General Psychology	3	REL 1780 - Evidences	1
BSC 2085C - Anatomy & Phys I	4	BSC 2086C - Anatomy & Phys II	4
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall - Year Two</b>	<b>Hours</b>	<b>Spring - Year Two</b>	<b>Hours</b>
Bible MWF	2	Bible T/R	1
Bible T/R	1	LIT 2371 - OT Poetry & Wisdom	3
BSC 2010C - Biology Proc. I w/Lab	4	BSC 2011C - Biology Proc. II w/Lab	4
Humanities Requirement	3	HLP 2081 - Health and Wellness	1
SPC 1608 - Public Speaking	3	Social Science Requirement	3
APK 1000 - Intro to Kinesiology	3	Specialization Hours	3
Stretch/Strengthen or Weightlifting	1		
<b>Total</b>	<b>17</b>	<b>Total</b>	<b>15</b>
<b>Fall - Year Three</b>	<b>Hours</b>	<b>Spring - Year Three</b>	<b>Hours</b>
Bible (2 classes)	2	Bible (2 classes)	2
PSC 1053 - General Physics I w/Lab	4	APK 3405 - Exercise Physiology w/Lab	4
APK 3004 - Kinesiology	3	PHI 3633 Biomedical Ethics	3
APK 3113 - Principles of Str. and Cond.	3	APK 4220 - Biomech. Of Human Motion	3
Specialization Hours	3	Specialization Hours	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>
<b>Fall - Year Fou</b>	<b>Hours</b>	<b>Spring - Year Four</b>	<b>Hours</b>
Bible (2 classes)	2	Bible	1
APK 4125 Physical Fitness Assessment and Exercise Prescription	3	APK 3200 Motor Learning/Control in Exercise Science	3
Specialization Hours	9	APK 4940 - Internship	3-6
		Specialization Hours	6
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>13</b>

RECOMMENDED PLAN FOR BS DEGREE IN KINESIOLOGY WITH PRE-PHYSICAL THERAPY SPECIALIZATION  
(122 HOURS)

<b>Fall - Year One</b>	<b>Hours</b>	<b>Spring - Year One</b>	<b>Hours</b>
ENC 1101 - Freshman Composition I	3	ENC 1102 - Freshman Composition II	3
STA 2023 - Elementary Statistics	3	MAC 1114 - Precalculus Trig	3
REL 1210 - Hist. & Geog.: OT	2	DEP 2045 - Lifespan Psychology	3
REL 1273 - Biblical Worldview	1	REL 1240 - Hist. & Geog.: NT	2
PSY 1012 - General Psychology	3	REL 1780 - Evidences I	1
BSC 2085C - Anatomy & Phys I	4	BSC 2086C - Anatomy & Phys II	4
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>Fall - Year Two</b>	<b>Hours</b>	<b>Spring - Year Two</b>	<b>Hours</b>
Bible MWF	2	Bible T/R	1
Bible T/R	1	LIT 2371 - OT Poetry & Wisdom	3
CHM 1045C - General Chem I w/Lab	4	CHM 1046C - General Chem II w/Lab	4
HLP 2081 - Health and Wellness	1	Social Science Requirement	3
APK 1000 - Intro to Kinesiology	3	SPC 1608 - Public Speaking	3
Humanities Requirement	3	(Weightlifting or Stretch/ Strengthen)	1
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>
<b>Fall - Year Three</b>	<b>Hours</b>	<b>Spring - Year Three</b>	<b>Hours</b>
Bible (2 classes)	2	Bible (2 classes)	2
APK 3004 - Kinesiology	3	APK 3405 - Exercise Physiology w/Lab	4
APK 3113 - Princ. of Str. and Cond.	3	PHI 3633 Biomedical Ethics	3
BSC 2010C - Biology I w/Lab	4	APK 4220 - Biomech. Of Human Motion	3
PSC 1053C - General Physics I w/Lab	4	Specialization Hours	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>
<b>Fall - Year Four</b>	<b>Hours</b>	<b>Spring - Year Four</b>	<b>Hours</b>
Bible (2 classes)	2	Bible	1
APK 4125 Physical Fitness Assessment and Exercise Prescription	3	APK 3200 Motor Learning/Control in Exercise Science	3
Specialization Hours	9	APK 4940 - Internship	6
<b>Total</b>	<b>14</b>	Specialization Hours	6
		<b>Total</b>	<b>16</b>