

Kinesiology

Faculty

Department Chair: Dr. Miles

Department Faculty: Mr. 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.

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.

Kinesiology with a Specialization in Exercise Science (BS)

First awarded in 2023

Dr. Miles, Program Coordinator

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
- 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 (can be in progress at time of application)
 - BSC 2085 with Lab
 - BSC 2086 with Lab (can 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 second Friday in March. Any questions regarding the application process should be directed to Dr. Jessica Miles at milesj@floridacollege.edu.

Total Semester Hours

Candidates must complete a minimum of 120 semester hours of accredited academic college work.

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.

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
- 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 must participate in graduation exercises in the year of completing their other requirements. Any exception must be cleared through the Provost.

General Education Requirements for Exercise Science Specialization

- English Composition (6 hours)
- College Algebra or higher (3 hours)
- Elementary Statistics (3 hours)
- Public Speaking (3 hours)
- Behavioral Science (6 hours)
 - PSY 1012 General Psychology (3 hours)
 - DEP 2004 Lifespan/Developmental Psychology (3 hours) **or** other psychology course approved by department chair
- Social Science (3 hours)
- Natural Science (8 hours)
 - BSC 2085C Human Anatomy and Physiology I (4 hours)
 - BSC 2086C Human Anatomy and Physiology II (4 hours)
- Humanities (6 hours) - LIT 2371 satisfies both humanities and biblical literature requirements
- Physical Education (4 hours)
 - HLP 2081 Health and Wellness (1 hour)
 - PEM 1121 Stretch and Strengthen (1 hour) **or**
 - PEM 1131 Weight Training (1 hour)
 - Two additional physical education hours

Lower Division Exercise Science Requirement (3 hours)

- APK 1000 Intro to Kinesiology (3 hours)

Upper Division Exercise Science Requirements (28 hours)

- APK 3004 Kinesiology (3 hours)
- APK 3113 Principles of Strength and Conditioning (3 hours)

- APK 3200 Motor Learning/Control in Exercise Science (3 hours)
- APK 3304 Prevention and Care of Athletic Injury (3 hours)
- APK 3405 Exercise Physiology with lab (3/1 hours)
- APK 4125 Physical Fitness Assessment and Exercise Prescription (3 hours)
- APK 4220 Biomechanics in Human Motion (3 hours)
- APK 4940 Internship (3-6 hours) equivalent to 150-300 clock hours
- PHI 3633 Introduction to Biomedical Ethics (3 hours)

Exercise Science Electives (21 credit hours chosen from the list below or as approved by department chair)

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

RECOMMENDED PLAN FOR DEGREE IN KINESIOLOGY with a Specialization in Exercise Science (120 HOURS shown)

Fall – Year One	Hours	Spring – Year One	Hours
ENC 1101 – Freshman Composition I	3	ENC 1102 – Freshman Composition II	3
HLP 2081 – Health and Wellness	1	MAC 1105 – College Algebra	3
Natural Science or another Elective	4	Natural Science or another Elective	4
PEM 1121 OR PEM 1131	1	PSY 1012 – General Psychology	3
REL 1210 – Hist. & Geog.: OT	2	REL 1240 – Hist. & Geog.: NT	2
TR Daily Bible	1	TR Daily Bible	1
APK 1000 – Intro to Kinesiology	3		
Total	15	Total	16
Fall – Year Two	Hours	Spring – Year Two	Hours
BSC 2085C – Anatomy & Phys I w/Lab	4	BSC 2086C – Anatomy & Phys II w/Lab	4
DEP 2004 – Lifespan Psychology	3	Humanities Requirement	3
SPC 1608 – Public Speaking	3	LIT 2371 – OT Poetry & Wisdom	3
STA 2023 – Elementary Statistics	3	PEM 1121 OR PEM 1131	1
MWF Daily Bible	2	Social Science Requirement	3
TR Daily Bible	1	TR Daily Bible	1
Total	16	Total	15
Fall – Year Three	Hours	Spring – Year Three	Hours
MWF Daily Bible	1	MWF Daily Bible	1
TR Daily Bible	1	TR Daily Bible	1
APK 3113 – Princ. of Str. and Cond.	3	APK 3004 - Kinesiology	3
APK 3405 – Exercise Phys w/Lab	4	APK 3304 – Prev & Care Ath Injuries	3
Specialization Hours	3	Specialization Hours	3
Specialization Hours	3	Specialization Hours	3
Total	15	Total	14
Fall – Year Four	Hours	Spring – Year Four	Hours
Physical Education	1	MWF Daily Bible	1
MWF Daily Bible	1	TR Daily Bible	1
TR Daily Bible	1	APK 3200 Motor Learning/Control	3
APK 4125 Phys Fit Assess & Ex Presc.	3	APK 4940 – Internship in Kinesiology	3-6
APK 4220 – Biomech of Human Motion	3	PHI 3633 Biomedical Ethics	3
Specialization Hours	3	Specialization Hours	3
Specialization Hours	3		
Total	15	Total	14-17

Kinesiology with a Specialization in Pre-Occupational Therapy (BS)

First awarded in 2023

Dr. Miles, Program Coordinator

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:

- 3.0 GPA or higher for Pre-Occupational Therapy Specialization Degree Path
- 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 (can be in progress at time of application)
 - BSC 2085 with Lab
 - BSC 2086 with Lab (can 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 second Friday in March. Any questions regarding the application process should be directed to Dr. Jessica Miles at milesj@floridacollege.edu.

Total Semester Hours

Candidates must complete a minimum of 120 semester hours of accredited academic college work.

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.

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

- 2.75 GPA or higher for Pre-Occupational Therapy Specialization Degree Path
- 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 must participate in graduation exercises in the year of completing their other requirements. Any exception must be cleared through the Provost.

General Education Requirements for Pre-Occupational Therapy Specialization

- English Composition (6 hours)
- College Algebra or higher (3 hours)
- Elementary Statistics (3 hours)
- Public Speaking (3 hours)
- Behavioral Science (6 hours)
 - PSY 1012 General Psychology (3 hours)
 - DEP 2004 Lifespan/Developmental Psychology (3 hours) **or** other psychology course approved by department chair
- Social Science (3 hours)
- Natural Science (8 hours)
 - BSC 2085C Human Anatomy and Physiology I (4 hours)
 - BSC 2086C Human Anatomy and Physiology II (4 hours)
- Humanities (6 hours) - LIT 2371 satisfies both humanities and biblical literature requirements
- Physical Education (4 hours)
 - HLP 2081 Health and Wellness (1 hour)
 - PEM 1121 Stretch and Strengthen (1 hour) **OR**
 - PEM 1131 Weight Training (1 hour)

Lower Division Pre-Occupational Therapy Requirement (11 hours)

- APK 1000 Intro to Kinesiology (3 hours)
- CHM 1045C General Chemistry I with Lab (4 hours)
- CHM 1046C General Chemistry II with Lab (4 hours)

Upper Division Pre-Occupational Therapy Requirements (28 hours)

- APK 3004 Kinesiology (3 hours)
- APK 3113 Principles of Strength and Conditioning (3 hours)
- APK 3200 Motor Learning/Control in Exercise Science (3 hours)
- APK 3304 Prevention and Care of Athletic Injury (3 hours)
- APK 3405 Exercise Physiology with lab (3/1 hours)
- APK 4125 Physical Fitness Assessment and Exercise Prescription (3 hours)
- APK 4220 Biomechanics in Human Motion (3 hours)
- APK 4940 Internship (3-6 hours) equivalent to 150-300 clock hours
- PHI 3633 Introduction to Biomedical Ethics (3 hours)

Pre-Occupational Therapy Electives (18 credit hours chosen from the list below or as approved by department chair)

- APK 3163 Sports Nutrition (3 hours)
- APK 4334 Exercise Science and Chronic Disease (3 hours)
- APK 4710 Research Methods in Kinesiology (3 hours)
- APK 4905 Special Topics in Kinesiology (1-3 hours)
- COM 2000 Introduction to Communication (3 hours)
- DEP 4054 Developmental Psychology (3 hours)
- HSC 1351 Medical Terminology (3 hours)
- HUN 2201 Fundamentals of Human Nutrition (3 hours)
- PET 3251 Sports in American Society (3 hours)
- PHY 1053C General Physics I with Lab (4 hours)
- PHY 1054C General Physics II with Lab (4 hours)
- PSY 4832 Sports Psychology (3 hours)
- SPC 4710 Intercultural Communication (3 hours)

- SPM 3004 Introduction to Sport Management (3 hours)
- SPM 4104 Facility and Event Management (3 hours)

RECOMMENDED PLAN FOR DEGREE IN KINESIOLOGY with a Specialization in Pre-Occupational Therapy (122 HOURS shown)

Fall – Year One	Hours	Spring – Year One	Hours
CHM 1045C – General Chem I w/Lab	4	CHM 1046C – General Chem II w/Lab	4
ENC 1101 – Freshman Composition I	3	ENC 1102 – Freshman Composition II	3
PSY 1012 – General Psychology	3	Humanities Requirement	3
REL 1210 – Hist. & Geog.: OT	2	MAC 1114 – Precalculus Trig (if needed)	3
TR Daily Bible	1	REL 1240 – Hist. & Geog.: NT	2
APK 1000 – Intro to Kinesiology	3	TR Daily Bible	1
Total	16	Total	16
Fall – Year Two	Hours	Spring – Year Two	Hours
BSC 2085C – Anatomy & Phys I w/Lab	4	BSC 2086C – Anatomy & Phys II w/Lab	4
DEP 2004 – Lifespan Psychology	3	LIT 2371 – OT Poetry & Wisdom	3
HLP 2081 – Health and Wellness	3	PEM 1121 OR PEM 1131	1
STA 2023 – Elementary Statistics	3	Social Science Requirement	3
MWF Daily Bible	2	SPC 1608 – Public Speaking	3
TR Daily Bible	1	TR Daily Bible	1
Total	16	Total	15
Fall – Year Three	Hours	Spring – Year Three	Hours
MWF Daily Bible	1	MWF Daily Bible	1
TR Daily Bible	1	TR Daily Bible	1
APK 3113 – Princ. of Str. and Cond.	3	APK 3004 – Kinesiology	3
APK 3405 – Exercise Physiology w/Lab	4	APK 3304 – Prev & Care Ath Inj	3
APK 4220 – Biomech. Of Human Motion	4	PHI 3633 Biomedical Ethics	3
BSC 2010C – Biology I w/Lab	3	Specialization Hours	3
Total	16	Total	14
Fall – Year Four	Hours	Spring – Year Four	Hours
MWF Daily Bible	1	MWF Daily Bible	1
TR Daily Bible	1	TR Daily Bible	1
APK 4125 Phys Fit Assess & Ex Presc.	3	APK 3200 Motor Learning/Control	3
PHY 1053 – General Physics I w/Lab	4	APK 4940 – Internship in Kinesiology	3
Specialization Hours	3	Specialization Hours	3
Specialization Hours	3	Specialization Hours	3
Total	15	Total	14

Kinesiology with a Specialization in Pre-Physical Therapy (BS)

First awarded in 2023

Dr. Miles, Program Coordinator

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:

- 3.0 GPA or higher for Pre-Occupational Therapy Specialization Degree Path
- 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 (can be in progress at time of application)
 - BSC 2085 with Lab
 - BSC 2086 with Lab (can 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

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Total Semester Hours

Candidates must complete a minimum of 120 semester hours of accredited academic college work.

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.

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

- 2.75 GPA or higher for Pre-Occupational Therapy Specialization Degree Path
- 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 must participate in graduation exercises in the year of completing their other requirements. Any exception must be cleared through the Provost.

General Education Requirements for Pre-Physical Therapy Specialization

- English Composition (6 hours)
- College Algebra or higher (3 hours)
- Elementary Statistics (3 hours)
- Public Speaking (3 hours)
- Behavioral Science (6 hours)
 - PSY 1012 General Psychology (3 hours)
 - DEP 2004 Lifespan/Developmental Psychology (3 hours) **or** other psychology course approved by department chair
- Social Science (3 hours)
- Natural Science (8 hours)
 - BSC 2085C Human Anatomy and Physiology I (4 hours)
 - BSC 2086C Human Anatomy and Physiology II (4 hours)
- Humanities (6 hours) - LIT 2371 satisfies both humanities and biblical literature requirements
- Physical Education (4 hours)
 - HLP 2081 Health and Wellness (1 hour)
 - PEM 1121 Stretch and Strengthen (1 hour) **OR**
 - PEM 1131 Weight Training (1 hour)

Lower Division Pre-Physical Therapy Requirement (11 hours)

- APK 1000 Intro to Kinesiology (3 hours)
- BIO 2010C Biological Processes I with Lab (4 hours)
- BIO 2011C Biological Processes II with Lab (4 hours)

Upper Division Pre-Physical Therapy Requirements (28 hours)

- APK 3004 Kinesiology (3 hours)
- APK 3113 Principles of Strength and Conditioning (3 hours)
- APK 3200 Motor Learning/Control in Exercise Science (3 hours)
- APK 3304 Prevention and Care of Athletic Injury (3 hours)
- APK 3405 Exercise Physiology with lab (3/1 hours)
- APK 4125 Physical Fitness Assessment and Exercise Prescription (3 hours)
- APK 4220 Biomechanics in Human Motion (3 hours)
- APK 4940 Internship (3-6 hours) equivalent to 150-300 clock hours
- PHI 3633 Introduction to Biomedical Ethics (3 hours)

Pre-Physical Therapy Electives (20 credit hours chosen from the list below or as approved by department chair)

- APK 3163 Sports Nutrition (3 hours)
- APK 4334 Exercise Science and Chronic Disease (3 hours)
- CHM 1045C General Chemistry I with Lab (4 hours)
- CHM 1046C General Chemistry II with Lab (4 hours)
- COM 2000 Introduction to Communication (3 hours)
- HSC 1351 Medical Terminology (3 hours)
- HUN 2201 Fundamentals of Human Nutrition (3 hours)
- PET 3251 Sports in American Society (3 hours)
- PHY 1053C General Physics I with Lab (4 hours)
- PHY 1054C General Physics II with Lab (4 hours)
- PSY 4832 Sports Psychology (3 hours)
- SPC 4710 Intercultural Communication (3 hours)
- SPM 3004 Introduction to Sport Management (3 hours)
- SPM 4104 Facility and Event Management (3 hours)

RECOMMENDED PLAN FOR DEGREE IN KINESIOLOGY with Specialization in Pre-Physical Therapy (122

HOURS shown)

Fall – Year One	Hours	Spring – Year One	Hours
BSC 2010C – Biology Proc. I w/Lab	4	BSC 2011C – Biology Proc. II w/Lab	4
ENC 1101 – Freshman Composition I	3	ENC 1102 – Freshman Composition II	3
PSY 1012 – General Psychology	3	MAC 1114 – Precalculus Trig	3
REL 1210 – Hist. & Geog.: OT	2	SPC 1608 – Public Speaking	3
TR Daily Bible	1	REL 1240 – Hist. & Geog.: NT	2
APK 1000 – Intro to Kinesiology	3	TR Daily Bible	1
Total	16	Total	16
Fall – Year Two	Hours	Spring – Year Two	Hours
BSC 2085C – Anatomy & Phys I w/Lab	4	BSC 2086C – Anatomy & Phys II w/Lab	4
DEP 2004 – Lifespan Psychology	3	HLP 2081 – Health and Wellness	1
Humanities Requirement	3	LIT 2371 – OT Poetry & Wisdom	3
PEM 1121 OR PEM 1131	1	Social Science Requirement	3
STA 2023 – Elementary Statistics	3	TR Daily Bible	1
MWF Daily Bible	2	Specialization Hours	3
TR Daily Bible	1		
Total	17	Total	15
Fall – Year Three	Hours	Spring – Year Three	Hours
MWF Daily Bible	1	MWF Daily Bible	1
TR Daily Bible	1	TR Daily Bible	1
APK 3113 – Princ. of Str. and Cond.	3	APK 3004 – Kinesiology	3
APK 3405 – Exercise Physiology w/Lab	4	PHI 3633 Biomedical Ethics	3
PHY 1053 – General Physics I w/Lab	4	Specialization Hours	3
Specialization Hours	3	Specialization Hours	3
Total	16	Total	14
Fall – Year Fou	Hours	Spring – Year Four	Hours
MWF Daily Bible	1	MWF Daily Bible	1
TR Daily Bible	1	TR Daily Bible	1
APK 4125 Phys Fit Assess & Ex Presc.	3	APK 3200 Motor Learning/Control	3
APK 4220 – Biomech. of Human Motion	3	APK 4940 - Internship	3
Specialization Hours	3	Specialization Hours	3
Specialization Hours	3	Specialization Hours	3
Total	14	Total	14