EAST CENTRAL UNIVERSITY
COLLEGE OF EDUCATION AND PSYCHOLOGY
KINESIOLOGY (BS) - 0202
DEGREE CHECK SHEET
2026-2027 CATALOG YEAR

- **Requirements for Bachelor's Degrees**
  - 30 hours at ECU
  - 60 hours at senior level college
  - 40 hours upper-level courses
  - OSRHE computer proficiency requirement

I. General Education — 40 hours

KIN 2122 counted in major

II. Major in Kinesiology — 63 hours

A. Required in Major — 63 hours

- KIN 1963 Intro to Kinesiology
- KIN 2122 Choices in Wellness
- KIN 2223 Sports Nutrition
- KIN 2273 First Aid
- KIN 2413 Applied Anatomy
- KIN 2433 Theory of Coaching
- KIN 2713 Care and Prevention of Athletic Injuries
- KIN 3103 Technology in Kinesiology
- KIN 3233 Adapted Physical Education
- KIN 3303 Fundamentals of Sports Administration
- KIN 3353 Research and Evaluation of Kinesiology
- KIN 3563 Health Promotion
- KIN 3613 Motor Learning
- KIN 3723 Biomechanics
- KIN 3733 Physiology of Exercise
- KIN 3883 Legal Aspects of Kinesiology
- KIN 4153 Organization and Administration
- KIN 4223 Strength and Conditioning
- KIN 4284 Practicum
- KIN 4593 Psychology of Sports
- KIN 4623 Exercise Testing and Prescription

III. Minor (Not Required)

IV. Electives — 19 hours

An elective course is any college-level course not required by the degree that is utilized to reach the 120 credit hours required for degree completion. Elective courses are chosen according to the interest of the student and can be used in completion of a minor, certificate, or additional major.

V. Total Hours Required — 120 hours

VI. Special Requirements