

## **KINESIOLOGY, FITNESS AND WELLNESS CONCENTRATION -( ONLINE )**

The Fitness and Wellness concentration (Kinesiology BS) is designed for students who are interested in advanced scientific knowledge of how physical activity, exercise, and sport alter health and human performance. Many students from this concentration pursue careers in fitness and corporate wellness, strength conditioning, or personal training; manage fitness or wellness centers; or further their training in graduate school.

### **ADMISSIONS CRITERIA TO NCCU**

The requirements for admission to NC Central University include the following academic performance and course selection:

- Satisfactory scores on the Scholastic Assessment Test (SAT) or the American College Test (ACT)
- Satisfactory grade point average
- All students must satisfy the University of North Carolina (UNC) minimum admissions requirements to be eligible for admission
- Complete record from an accredited secondary or preparatory school, with graduation based on UNC minimum undergraduate course requirements:
  - In English, four (4) course units emphasizing grammar, composition, and literature
  - In mathematics, four (4) course units including Algebra I; Algebra II; Geometry, and fourth math higher than Algebra II
  - In science, three (3) course units, including at least one lab science
  - In foreign language, two (2) course units
  - In social studies, two (2) course units, including at least one in U.S. history

\*NC Central University has the same minimum course requirements as all UNC System institutions.

### **REQUIREMENTS FOR OBTAINING A KINESIOLOGY ( FITNESS AND WELLNESS CONCENTRATION( ONLINE ) DEGREE**

- Complete the General Education Curriculum (GEC) as required by the university as detailed on the four-year course of study. Students should have completed all GEC courses by the last semester of the sophomore year.
- Must have a 'C' or better in the courses offered in the department
- Maintain a GPA of 2.0 and higher
- Complete a minimum of 120 semester hours with a cumulative grade point average of 2.0 or better.
- The last 30 hours must be completed at NCCU.
- Must repeat 'D' in major courses and 'F' in non-departmental required courses
- Must follow the course sequence as provided

## COURSE SEQUENCES

### FRESHMEN YEAR

#### Fall Semester

- ENG 1100- English Composition I (3)
- MATH...- College Algebra (3)
- UNIV 1100- First Year Seminar (2)
- BIOL 1300- Molecules and Cell Function (4)
- KIN 1541- Fitness (2)
- KIN Elective (1)

#### Spring Semester

- ENG 1210- English Composition II (3)
- HIST 1320- World Societies (3)
- BIOL 1610- Anatomy/Physiology I (4)
- HEDU 1531- Health (2)
- xxx1192- Foreign Language II (3)

### SOPHOMORE YEAR

#### Fall Semester

- MSCM 1250- Elements of Speech (SI)
- HUM 2410/20- Arts and Humanities (3)
- BIOL 1620- Anatomy/Physiology II (4)
- PSY 2100- General Psychology (3)
- KIN 1080- Rhythmic Aerobics (2)
- KIN Elec.- Select from the electives list (2)

#### Spring Semester

- HUM- Arts and Humanities (3)
- KIN XXXXX- Weight Training Elective (2)
- KIN 2000-Introduction to Kinesiology (3)
- KIN 2080- Group Exercise (2)
- FOOD xxxxx – Nutrition Elective (3)
- KIN 3560- Program Design in Strength and Conditioning (3)

### JUNIOR YEAR

#### Fall Semester

- KIN 4120- Exercise Physiology (3)
- KIN 3000- Motor Learning (3)
- KIN 3500- Emergency Care (2)
- KIN 4130- Fitness Assessment (3)
- KIN – elective (1)
- KIN Elective - (3)

#### Spring Semester

- KIN 4110- Kinesiology (3)
- FOOD – Nutrition Elective (3)
- KIN 4050- Fitness Management (3)
- KIN 4410-Measurement/Evaluation (3)
- KIN Elective - (3)
- KIN Elective - (2)

## SENIOR YEAR

### Fall Semester

- KIN 4030- Psycho/Social Aspects (3)
- KIN 4500- Adapted PE (3)-
- KIN Elective - (3)
- KIN 4620- Career Readiness in Kinesiology (1)
- KIN 3550- Physical Activity for the Aging (3)

### Spring Semester

- KIN 4640- Directed Professional Experience (6)
- Free Elective (3)
- Free Elective (3)

## OTHER COURSE REQUIREMENTS

### A. GENERAL EDUCATION REQUIRED COURSES ( 37 Credit hours)

As indicated on the University Website, <https://legacy.nccu.edu/academics/gec/requirements.cfm> students are required to take 35-40 general education credit hours that comprise of the following six academic components:

- Communications in English and Foreign Languages ( 9 Credit Hours)
- Mathematics and the Sciences (9-13 Credit Hours)
- Social Sciences (6-8 Credit Hours)
- Arts and Humanities (5-6 Credit Hours)
- Health and Wellness (4 Credit Hours)
- Social/Career Enhancement and Development (2 Credit Hours)

### B. KINESIOLOGY ELECTIVES (16 Credit Hours)

Students can select any of the following Kinesiology (KIN) Electives

- KIN 2100 – Intermediate Swimming (2)
- KIN 1130 - Beginning Weight Training (2)
- KIN 2010 - Musculoskeletal Anatomy (3)
- KIN 2080 - Group Exercise (2)
- KIN 2070 - Advanced Weight Training (2)
- KIN 2200- Practicum in Kinesiology (1)
- KIN 1620- Advanced Physical Conditioning (2)
- KIN 2065- Principle of Strength and Conditioning (3)
- KIN 4145- Exercise Techniques for Olympics (3)
- KIN 2260- Introduction to Sports Medicine (3)
- KIN 3201- Orthopedic Assessment (3)
- KIN 3202- Orthopedic Assessment II (3)
- KIN 3230- Therapeutic Modalities (4)
- KIN 2065- Principle of Strength and Conditioning (3)

### C. Non-Departmental Required (NDR) Courses ( 13 Credit Hours)

The Students must take the following courses

- BIOL 1620 Anatomy/Physiology II(4 )
- PSY 2100 Gen. Psychology (OL) (3 )
- FOOD Nutrition Elective (OL) ( 3 )
- FOOD Nutrition Elective (OL) ( 3 )

**D. FREE ELECTIVES ( 6 Credit Hours)**

Students can take any 6 credit hours electives from any courses offered on campus.

- Any Free Elective ( 3 Credit Hours)
- Any Free Elective ( 3 Credit Hours)