

# Kinesiology

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The Kinesiology Department has two major purposes: (1) to prepare competent, caring, and reflective Christian leaders for world service in exercise science, sport management, and coaching; and (2) to help students acquire the skills and attitudes for lifetime wellness, as well as wholesome and active use of their leisure time.

Baccalaureate degrees are offered in Exercise Science and Sport Management as well as a Sport Management minor. A Coaching minor is offered through the department for students who are interested in studying sport and coaching. Candidates for the Bachelor of Arts degree must complete two years of a foreign language.

The three credits required in the foundational core curriculum must be met by taking KIN 100 plus KIN 200 or one of the following to substitute for KIN 200: KIN 250, 300, 302, 333, 334, or EXS 280. Elementary Education majors must take KIN 250. Exercise Science majors complete this requirement by taking EXS 111, 316, and 318. Pre-Med, Public Health, and allied health students should contact advisor for an alternative course.

## Exercise Science

The Exercise Science major is designed to prepare students for two differing areas of this field: (1) as a preparatory degree to enter allied health related fields such as occupational therapy, physical therapy, sports medicine, exercise physiology, cardiac rehab, physician assistant, nursing, pre-medicine, or other allied health-related graduate program studies; (2) for the student who wants to enter the field of health, strength and conditioning specialist, personal trainer, director of fitness, or other health-related programs.

### Exercise Science/Health Science and Human Performance (BA)

The Bachelor of Arts degree with a major in Exercise Science and a concentration in Health Science and Human Performance requires two years of sequential study in one foreign language and 55 hours in the major. Students must complete the senior comprehensive requirement as approved by the department. All major courses must be completed with a grade of C- or better and are included in the major GPA.

#### Major Requirements

BIO 244	4	Human Anatomy and Physiology I	EXS 346	3	Community Health Education
BIO 245	4	Human Anatomy and Physiology II	EXS 353	3	Physical Fitness Assessment
EXS 111	3	Foundations of Exercise Science	EXS 381	3	Kinesiology
EXS 213	2	Substance Education	EXS 453	3	Physical Fitness Prescription
EXS 217	3	Wellness Programs	KIN 223	3	Emergency Health Care
EXS 274	1	Introduction to Exercise Testing	KIN 355	3	Research Methods
EXS 280	1	Exercise Techniques for Physical Fitness			
EXS 306	3	Physiology of Exercise	Select <u>one</u> course from the following:		
EXS 316	3	Applied Nutrition	EXS 450	4	Directed Research
EXS 318	3	Therapeutic Exercise and Pharmacotherapy	KIN 492	4	Internship
EXS 328	3	Principles of Strength Training	Select <u>one</u> course from the following:		
			PSY 395	3	Health Psychology
			PSY 410	3	Motivation

#### Suggested Courses for Areas of Specialization

BIO 201	4	Biology I: Foundations of Cell Biology and Genetics	MAT 140	3	Fundamental Calculus for Applications
BIO 203	4	Principles of Genetics	MAT 145	3	Introduction to Functions and Calculus
BIO 210	3	Medical Terminology	MAT 146	3	Functions and Calculus
BIO 331	4	Comparative Anatomy	MAT 151	4	Calculus I
BIO 471	4	Microbiology and Immunology	MAT 210	4	Introductory Statistics
CHE 201/211	4	General, Organic, & Biochemistry I/College Chemistry I	PBH 100	3	Introduction to Public Health
CHE 202/212	4	General, Organic, & Biochemistry II/College Chemistry II	PHI 201	3	Logic
CHE 311	4	Organic Chemistry I	PHI 311	3	Medical Ethics
CHE 312	4	Organic Chemistry II	PHY 203/211	4	General Physics I/ University Physics I
CHE 411	3	Biochemistry I	PHY 204/212	4-5	General Physics II/University Physics II
CHE 412	3	Biochemistry II	PSY 100	3	Introductory Psychology
EXS 214	3	Health and Sexuality	PSY 220	3	Sport Psychology
EXS 215	2	Health, Exercise, and Aging	PSY 250	3	Life Span Development
EXS 273	1	Introduction to Exercise Science Research	PSY 300	3	Abnormal Psychology
EXS 393	1	Practicum	PSY 330	4	Applied Psychological Statistics
EXS 482	3	Lifespan and Environmental Physiology	PSY 395	3	Health Psychology
KIN 324	2	Motor Learning	PSY 410	3	Motivation
KIN 360	1-4	Independent Study (approved by advisor)	PSY 441	3	Physiological Psychology
KIN 370	1-4	Selected Topics (approved by advisor)	SMA 351	3	Sport Public Relations
			SMA 352	3	Event and Facility Management

### Exercise Science/Health Science and Human Performance (BS)

The Bachelor of Science degree with a major in Exercise Science and a concentration in Health Science and Human Performance requires 69 hours in the major. Students must complete the senior comprehensive requirement as approved by the department. *All major courses must be completed with a grade of C- or better and are included in the major GPA.*

#### Major Requirements

BIO 244	4	Human Anatomy and Physiology I	EXS 346	3	Community Health Education
BIO 245	4	Human Anatomy and Physiology II	EXS 353	3	Physical Fitness Assessment
EXS 111	3	Foundations of Exercise Science	EXS 381	3	Kinesiology
EXS 213	2	Substance Education	EXS 453	3	Physical Fitness Prescription
EXS 217	3	Wellness Programs	KIN 223	3	Emergency Health Care
EXS 274	1	Introduction to Exercise Testing	KIN 355	3	Research Methods
EXS 280	1	Exercise Techniques for Physical Fitness	<i>Select one course from the following:</i>		
EXS 306	3	Physiology of Exercise	EXS 450	4	Directed Research
EXS 316	3	Applied Nutrition	KIN 492	4	Internship
EXS 318	3	Therapeutic Exercise and Pharmacotherapy	<i>Select one course from the following:</i>		
EXS 328	3	Principles of Strength Training	PSY 395	3	Health Psychology
			PSY 410	3	Motivation

#### Electives

<i>Select at least 14 hours from:</i>					
BIO 201	4	Biology I: Foundations of Cell Biology and Genetics	MAT 140	3	Fundamental Calculus for Applications
BIO 203	4	Principles of Genetics	MAT 145	3	Introduction to Functions and Calculus
BIO 210	3	Medical Terminology	MAT 146	3	Functions and Calculus
BIO 331	4	Comparative Anatomy	MAT 151	4	Calculus I
BIO 471	4	Microbiology and Immunology	MAT 210*	4	Introductory Statistics
CHE 201/211	4	General, Organic, & Biochemistry I/College Chemistry I	PBH 100	3	Introduction to Public Health
CHE 202/212	4	General, Organic, & Biochemistry II/College Chemistry II	PHI 201	3	Logic
CHE 311	4	Organic Chemistry I	PHI 311	3	Medical Ethics
CHE 312	4	Organic Chemistry II	PHY 203/211	4	General Physics I/ University Physics I
CHE 411	3	Biochemistry I	PHY 204/212	4-5	General Physics II/University Physics II
CHE 412	3	Biochemistry II	PSY 100	3	Introductory Psychology
EXS 214	3	Health and Sexuality	PSY 220	3	Sport Psychology
EXS 215	2	Health, Exercise, and Aging	PSY 250	3	Life Span Development
EXS 273	1	Introduction to Exercise Science Research	PSY 300	3	Abnormal Psychology
EXS 393	1	Practicum	PSY 330*	4	Applied Psychological Statistics
EXS 482	3	Lifespan and Environmental Physiology	PSY 395 <sup>‡</sup>	3	Health Psychology
KIN 324	2	Motor Learning	PSY 410 <sup>‡</sup>	3	Motivation
KIN 360	1-4	Independent Study ( <i>approved by advisor</i> )	PSY 441	3	Physiological Psychology
KIN 370	1-4	Selected Topics ( <i>approved by advisor</i> )	SMA 351	3	Sport Public Relations
			SMA 352	3	Event and Facility Management

\*A maximum of 4 credits from these courses may count toward elective hours.

‡Course may not double-count as requirement and elective.

### Exercise Science/Pre-Allied Health (BA)

The Bachelor of Arts degree with a major in Exercise Science and a Pre-Allied Health concentration requires two years of sequential study in one foreign language and 51 hours in the major. Students must complete the senior comprehensive requirement as approved by the department. *All major courses must be completed with a grade of C- or better and are included in the major GPA.*

#### Major Requirements

BIO 201	4	Biology I: Foundations of Cell Biology and Genetics	EXS 453	3	Physical Fitness Prescription
BIO 244	4	Human Anatomy and Physiology I	EXS 482	3	Lifespan and Environmental Physiology
BIO 245	4	Human Anatomy and Physiology II	KIN 223	3	Emergency Health Care
EXS 111	3	Foundations of Exercise Science	KIN 355	3	Research Methods
EXS 274	1	Introduction to Exercise Testing	<i>Select one course from the following:</i>		
EXS 280	1	Exercise Techniques for Physical Fitness	EXS 450	4	Directed Research
EXS 306	3	Physiology of Exercise	KIN 492	4	Internship
EXS 316	3	Applied Nutrition	<i>Select one course from the following:</i>		
EXS 318	3	Therapeutic Exercise and Pharmacotherapy	PSY 395	3	Health Psychology
EXS 353	3	Physical Fitness Assessment	PSY 410	3	Motivation
EXS 381	3	Kinesiology			

#### Suggested Courses for Areas of Specialization

BIO 203	4	Principles of Genetics	MAT 140	3	Fundamental Calculus for Applications
BIO 210	3	Medical Terminology	MAT 145	3	Introduction to Functions and Calculus
BIO 331	4	Comparative Anatomy	MAT 146	3	Functions and Calculus
BIO 471	4	Microbiology and Immunology	MAT 151	4	Calculus I
CHE 201/211	4	General, Organic, & Biochemistry I/College Chemistry I	MAT 210	4	Introductory Statistics
CHE 202/212	4	General, Organic, & Biochemistry II/College Chemistry II	PBH 100	3	Introduction to Public Health
CHE 311	4	Organic Chemistry I	PHI 201	3	Logic
CHE 312	4	Organic Chemistry II	PHI 311	3	Medical Ethics
CHE 411	3	Biochemistry I	PHY 203/211	4	General Physics I/ University Physics I
CHE 412	3	Biochemistry II	PHY 204/212	4-5	General Physics II/University Physics II
EXS 213	2	Substance Education	PSY 100	3	Introductory Psychology
EXS 214	3	Health and Sexuality	PSY 220	3	Sport Psychology
EXS 215	2	Health, Exercise, and Aging	PSY 250	3	Life Span Development
EXS 217	3	Wellness Programs	PSY 300	3	Abnormal Psychology
EXS 273	1	Introduction to Exercise Science Research	PSY 330	3	Applied Psychological Statistics
EXS 328	3	Principles of Strength Training and Conditioning	PSY 395	3	Health Psychology
EXS 346	3	Community Health Education	PSY 410	3	Motivation
EXS 393	1	Practicum	PSY 441	3	Physiological Psychology
KIN 324	2	Motor Learning	SMA 351	3	Sport Public Relations
KIN 360	1-4	Independent Study ( <i>approved by advisor</i> )	SMA 352	3	Event and Facility Management
KIN 370	1-4	Selected Topics ( <i>approved by advisor</i> )			

## Exercise Science/Pre-Allied Health (BS)

This course of study is recommended for students interested in preparing for graduate school for physical therapy, occupational therapy, cardiac rehabilitation, and other allied health fields. The Bachelor of Science degree with a major in Exercise Science and a Pre-Allied Health concentration requires 65 hours in the major. Students must complete the senior comprehensive requirement as approved by the department. *All major courses must be completed with a grade of C- or better and are included in the major GPA.*

### Major Requirements

BIO 201	4	Biology I: Foundations of Cell Biology and Genetics	EXS 453	3	Physical Fitness Prescription
BIO 244	4	Human Anatomy and Physiology I	EXS 482	3	Lifespan and Environmental Physiology
BIO 245	4	Human Anatomy and Physiology II	KIN 223	3	Emergency Health Care
EXS 111	3	Foundations of Exercise Science	KIN 355	3	Research Methods
EXS 274	1	Introduction to Exercise Testing			
EXS 280	1	Exercise Techniques for Physical Fitness			
EXS 306	3	Physiology of Exercise			
EXS 316	3	Applied Nutrition			
EXS 318	3	Therapeutic Exercise and Pharmacotherapy			
EXS 353	3	Physical Fitness Assessment			
EXS 381	3	Kinesiology			

Select one course from the following:

EXS 450	4	Directed Research
KIN 492	4	Internship

Select one course from the following:

PSY 395	3	Health Psychology
PSY 410	3	Motivation

### Electives

Select at least 14 hours from:

BIO 203	4	Principles of Genetics	MAT 140	3	Fundamental Calculus for Applications
BIO 210	3	Medical Terminology	MAT 145	3	Introduction to Functions and Calculus
BIO 331	4	Comparative Anatomy	MAT 146	3	Functions and Calculus
BIO 471	4	Microbiology and Immunology	MAT 151	4	Calculus I
CHE 201/211	4	General, Organic, & Biochemistry I/College Chemistry I	MAT 210*	4	Introductory Statistics
CHE 202/212	4	General, Organic, & Biochemistry II/College Chemistry II	PBH 100	3	Introduction to Public Health
CHE 311	4	Organic Chemistry I	PHI 201	3	Logic
CHE 312	4	Organic Chemistry II	PHI 311	3	Medical Ethics
CHE 411	3	Biochemistry I	PHY 203/211	4	General Physics I/ University Physics I
CHE 412	3	Biochemistry II	PHY 204/212	4-5	General Physics II/University Physics II
EXS 213	2	Substance Education	PSY 100	3	Introductory Psychology
EXS 214	3	Health and Sexuality	PSY 220	3	Sport Psychology
EXS 215	2	Health, Exercise, and Aging	PSY 250	3	Life Span Development
EXS 217	3	Wellness Programs	PSY 300	3	Abnormal Psychology
EXS 273	1	Introduction to Exercise Science Research	PSY 330*	3	Applied Psychological Statistics
EXS 328	3	Principles of Strength Training and Conditioning	PSY 395 <sup>‡</sup>	3	Health Psychology
EXS 346	3	Community Health Education	PSY 410 <sup>‡</sup>	3	Motivation
EXS 393	1	Practicum	PSY 441	3	Physiological Psychology
KIN 324	2	Motor Learning	SMA 351	3	Sport Public Relations
KIN 360	1-4	Independent Study (approved by advisor)	SMA 352	3	Event and Facility Management
KIN 370	1-4	Selected Topics (approved by advisor)			

\*A maximum of 4 credits from these courses may count toward elective hours.

<sup>‡</sup>Course may not double-count as requirement and elective.

## Health Promotion and Wellness (BA)

The Bachelor of Arts degree with a major in Health Promotion and Wellness requires two years of one foreign language and 49-50 hours. Students must complete the senior comprehensive requirement as approved by the department. *All major courses must be completed with a grade of C- or better and are included in the major GPA.*

### Kinesiology Requirements

EXS 213	2	Substance Education
EXS 217	3	Wellness Programs
EXS 316	3	Applied Nutrition
EXS 346	3	Community Health Education
KIN 221	3	Exercise as Medicine
KIN 355	3	Research Methods
KIN 425	1	CHES Preparation Seminar

### Public Health Requirements

PBH 100	3	Introduction to Public Health
PBH 110	3	Global Health
PBH 210	3	Human Diseases
PBH 320	4	Epidemiology
PBH 330	3	Public Health Interventions
PBH 493	2	Public Health Senior Capstone

### Additional Requirements

Select one course from the following:

KIN 492	4	Internship
PBH 393	4	Practicum

Select one course from the following:

PSY 250	3	Life Span Development
PSY 395	3	Health Psychology
PSY 410	3	Motivation

Select one course from the following:

EXS 320	3	Community Health Promotion
PBH 340	3	Principles of Community Health Development

Select one course from the following:

MAT 210	4	Introductory Statistics
PSY 330	3	Applied Psychological Statistics
SOC 355	3	Applied Social Statistics

### Suggested Electives

CAC 220	3	Communication Writing Essentials
CAS 201	3	Professional Communication in Corporate Contexts
CAS 301	3	Strategic Communication
CAS 331	3	Team-based Communication
CAS 411	3	Communication in Organizations
EXS 214	3	Health and Sexuality
EXS 215	2	Health, Exercise, and Aging
EXS 306	3	Physiology of Exercise
KIN 223	3	Emergency Health Care
KIN 250	2	Elementary School Health and Physical Activity
KIN 360	1-4	Independent Study
KIN 370	1-4	Selected Topics
KIN 450	2-4	Directed Research
MGT 201	3	Introduction to Business
PBH 340	3	Principles of Community Health Development
PBH 350	3	Determinants of Health and Health Equity
PBR 261	3	Introduction to Public Relations
PBR 361	3	Public Relations Cases and Campaigns
PSY 100	3	Introductory Psychology
PSY 250	3	Life Span Development
PSY 300	3	Abnormal Psychology
PSY 395	3	Health Psychology
PSY 410	3	Motivation
PSY 441	3	Learning: Theory and Application
REL 311	3	Foundations of Christian World Mission
REL 391	3	Preparation and Strategy for Christian World Mission
REL 432	2	World Missions Area Studies

## Health Promotion and Wellness (BS)

The Bachelor of Science degree with a major in Health Promotion and Wellness requires 71-74 hours. Students must complete the senior comprehensive requirement as approved by the department. *All major courses must be completed with a grade of C- or better and are included in the major GPA.*

### Kinesiology Requirements

EXS 213	2	Substance Education
EXS 217	3	Wellness Programs
EXS 316	3	Applied Nutrition
EXS 346	3	Community Health Education
KIN 221	3	Exercise as Medicine
KIN 355	3	Research Methods
KIN 425	1	CHES Preparation Seminar
KIN 450†	2	Directed Research
KIN 450†	2	Directed Research

### Public Health Requirements

PBH 100	3	Introduction to Public Health
PBH 110	3	Global Health
PBH 210	3	Human Diseases
PBH 320	4	Epidemiology
PBH 330	3	Public Health Interventions
PBH 493	2	Public Health Senior Capstone

### Additional Requirements

Select one course from the following:

PSY 250	3	Life Span Development
PSY 395	3	Health Psychology
PSY 410	3	Motivation

Select one course from the following:

EXS 320	3	Community Health Promotion
PBH 340	3	Principles of Community Health Development

Select one course from the following:

MAT 210	4	Introductory Statistics
PSY 330	3	Applied Psychological Statistics
SOC 355	3	Applied Social Statistics

Select one course from the following:

BIO 410	3	Bioethics
ENS 383	4	Environmental Ethics
PHI 311	3	Medical Ethics

Select two courses from the following:

BIO 106	4	Human Biology
SUS 200	3	Environment and Society
SUS 231	4	Environmental Science, Society, and Sustainability

### Electives

Select 12 credit hours from the following:

CAC 220	3	Communication Writing Essentials
CAS 230	3	Integration of Communication, Media, and Business
CAS 301	3	Strategic Communication
CAS 331	3	Team-based Communication
CAS 411	3	Communication in Organizations
EXS 214	3	Health and Sexuality
EXS 215	2	Health, Exercise, and Aging
EXS 306	3	Physiology of Exercise
EXS 453	3	Physical Fitness Prescription
KIN 223	3	Emergency Health Care
KIN 250	2	Elementary School Health and Physical Activity
KIN 492	4	Internship
PBH 340‡	3	Principles of Community Health Development
PBH 350	3	Determinants of Health and Health Equity
PBR 261	3	Introduction to Public Relations
PBR 361	3	Public Relations Cases and Campaigns
PSY 250†	3	Life Span Development
PSY 300	3	Abnormal Psychology
PSY 395‡	3	Health Psychology
PSY 410‡	3	Motivation
PSY 441	3	Learning: Theory and Application
REL 311	3	Foundations of Christian World Mission
REL 391	3	Preparation and Strategy for Christian World Mission

†Directed Research must be taken twice for a total of 4 credits.

‡Courses may not be used in more than one area.

## Sport Management

The Sport Management major blends two disciplines: business and sport. This major addresses the Taylor emphasis on Christian service in the growing area of sport business. The student will learn to identify and understand the internal and external factors that shape sports in a culture, apply management skills, and evaluate the goals of a variety of sport organizations (high school, college, and professional), and be able to apply fundamental marketing concepts to the sports industry. The student majoring in Sport Management will become familiar with the various agencies governing sports from the professional, collegiate, high school, and amateur levels. An internship is required for both baccalaureate degrees in Sport Management.

## Sport Management (BA)

The Bachelor of Arts degree with a major in Sport Management requires two years of one foreign language and 49 hours. *All major courses must be completed with a grade of C- or better and are included in the major GPA.*

### Major Requirements

ACC 241	3	Accounting Principles I
ECO 201	3	Principles of Microeconomics
KIN 220	4	Principles of Coaching
KIN 355	3	Research Methods
KIN 492	4	Internship
MGT 311	3	Business Law
MKT 231	3	Principles of Marketing
SMA 115	2	Introduction to Sport Management
SMA 210	1	Human Performance Technology
SMA 350	3	Sport Management
SMA 351	3	Sport Public Relations
SMA 352	3	Event and Facility Management
SMA 354	3	Sport Finance
SMA 393A	1	Practicum
SMA 393B	1	Practicum
SMA 430	2	Legal Issues in Sport
SMA 480	2	Seminar

### Electives

Select 5 hours of electives from:

ACC 242	3	Accounting Principles II
ECO 202	3	Principles of Macroeconomics
FIN 361	3	Corporate Finance
KIN 231	2	Officiating Sports
KIN 360	1-2	Independent Study (approved by advisor)
KIN 472	2	Psychology of Coaching
JRN 115	3	Introduction to Media Writing
MAT 210	4	Introductory Statistics
MGT 352	3	Management Analysis and Practice
MGT 362	3	Human Resources Management
MGT 442	3	Business Ethics
MGT 452	3	Strategic Management
MGT 462	3	Organizational Behavior and Development
MKT 312	3	Professional Selling
MKT 410	3	Marketing Research
MKT 412	3	Advertising and Promotional Strategy
PBR 261	3	Introduction to Public Relations
PSY 220	3	Sport Psychology
SMA 450	2	Directed Research (approved by advisor)

## Sport Management (BS)

The Bachelor of Science degree with a major in Sport Management requires 64 hours. All major courses must be completed with a grade of C- or better and are included in the major GPA.

### Major Requirements

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
ECO 201	3	Principles of Microeconomics
KIN 220	4	Principles of Coaching
KIN 355	3	Research Methods
KIN 492	4	Internship
MGT 311	3	Business Law
MKT 231	3	Principles of Marketing
SMA 115	2	Introduction to Sport Management
SMA 210	1	Human Performance Technology
SMA 350	3	Sport Management
SMA 351	3	Sport Public Relations
SMA 352	3	Event and Facility Management
SMA 354	3	Sport Finance
SMA 393A	1	Practicum
SMA 393B	1	Practicum
SMA 430	2	Legal Issues in Sport
SMA 480	2	Seminar

### Additional Major Requirements

MAT 210	4	Introductory Statistics
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Select one course from the following:

MGT 462	3	Organizational Behavior and Development
SYS 101	3	Introduction to Systems

### Electives

Select 10 hours of electives from:

ECO 202	3	Principles of Macroeconomics
FIN 361	3	Corporate Finance
JRN 115	3	Introduction to Media Writing
KIN 231	2	Officiating Sports
KIN 360	1-2	Independent Study (approved by advisor)
KIN 472	2	Psychology of Coaching
MGT 352	3	Management Analysis and Practice
MGT 362	3	Human Resources Management
MGT 442	3	Business Ethics
MGT 452	3	Strategic Management
MKT 312	3	Professional Selling
MKT 410	3	Marketing Research
MKT 412	3	Advertising and Promotional Strategy
PBR 261	3	Introduction to Public Relations
PSY 220	3	Sport Psychology
SMA 450	2	Directed Research (approved by advisor)

## Sport Management Minor

The department offers an 18-hour Sport Management minor. All minor courses must be completed with a grade of C- or better and are included in the minor GPA.

### Minor Requirements

SMA 350	3	Sport Management
SMA 351	3	Sport Public Relations
SMA 352	3	Event and Facility Management
SMA 430	2	Legal Issues in Sport
SMA 480	2	Seminar

Select 5 credit hours from the following:

ACC 241	3	Accounting Principles I
ACC 242	3	Accounting Principles II
ECO 201	3	Principles of Microeconomics
FIN 361	3	Corporate Finance
JRN 115	3	Introduction to Media Writing
KIN 220	4	Principles of Coaching
KIN 231	2	Officiating Sports
MGT 311	3	Business Law
MKT 231	3	Principles of Marketing
PBR 261	3	Introduction to Public Relations
SMA 210	1	Human Performance Technology
SMA 354	3	Sport Finance
SMA 393A	1	Practicum (approved by advisor)
SMA 393B	1	Practicum (approved by advisor)

## Coaching Minor

The department offers a 19-hour Coaching minor for any student interested in preparing for the coaching profession. Students from any major are eligible for this course of study. The minor helps prepare students for opportunities in coaching, leading camps, youth athletic ministry, and recreational leadership. All minor courses must be completed with a grade of C- or better and are included in the minor GPA.

### Minor Requirements

EXS 280	1	Exercise Techniques for Physical Fitness
KIN 220	4	Principles of Coaching
KIN 223	3	Emergency Health Care
KIN 324	2	Motor Learning
KIN 367	3	Coaching Methods
KIN 393	4	Practicum (approved by advisor—Coaching)
KIN 472	2	Psychology of Coaching

## Exercise Science Courses

### EXS 111 3 hours

#### Foundations of Exercise Science

This course is an introduction to the field of exercise science. The content includes definitions, objectives, and philosophies of the field; basic content of components of exercise science, contemporary issues and research, and potential career options. This introduction to the field of exercise science will have a foundation of the Christian perspective of vocational gifting, calling, preparation and service to humankind. Offered fall and spring semesters.

### EXS 170

#### Selected Topics

A course offered on a subject of interest but not listed as a regular course offering.

### 1-4 hours

<b>EXS 213</b>	<b>2 hours</b>	<b>Substance Education</b> The course is designed to prepare professionals for drug education. The scope of the course is wide and includes the following basic areas: drug terminology, pharmacology, psychodynamics, legal and law enforcement perspectives, social and cultural determinants, ethical and moral alternatives, behavioral aspects, and educational strategies. A strong emphasis is placed on developing guidelines for decision making in our society. The purpose is to exchange the best amount of information on drug use, misuse, and abuse available. <i>Offered spring semester of even years.</i>	<b>EXS 320</b>	<b>3 hours</b>	<b>Community Health Promotion</b> This course introduces students to health promotion in a community setting. The content explores the theoretical and practical issues of the field of community health that enable students to identify and apply health education principles to health challenges facing individuals, groups, and communities. Local cultures will be explored throughout the trip and students will be expected to reflect on their experience. <i>Meets foundational core cross-cultural requirement. Offered: January interterm of even years.</i>
<b>EXS 214</b>	<b>3 hours</b>	<b>Health and Sexuality</b> This course is designed to prepare future health educators to teach the relationship between health and human sexuality. The class activities will include lectures/discussions, peer teaching, development of an abstinence-based curriculum, and lectures by outside resource personnel.	<b>EXS 328</b>	<b>3 hours</b>	<b>Principles of Strength Training and Conditioning</b> This course is the study of the essentials of strength training and conditioning for practitioners and prepares students for certification with the National Strength and Conditioning Association (NSCA). The course will cover the following: biomechanics of exercise, rehabilitation, bioenergetics of training, aerobic exercise prescription, resistance training, and speed and plyometric training. <i>Prerequisites: EXS 280, 306, 316, and 381; or permission of instructor. Offered spring semester.</i>
<b>EXS 215</b>	<b>2 hours</b>	<b>Health, Exercise, and Aging</b> The course is designed to examine common health-related physiological changes, current issues, and concerns as they pertain to the aging individual. <i>Prerequisite: EXS 111 or permission of instructor. Offered fall semester of even years.</i>	<b>EXS 346</b>	<b>3 hours</b>	<b>Community Health Education</b> This course illustrates how the health of populations is promoted and protected by organized public health practice. Students are acquainted with current evolving concepts and performance of these practices and are introduced to essential public health services. The problem-solving approach is emphasized through small-group interaction, case-study method, and critical thinking skills. <i>Meets foundational core civic engagement or general social science requirement. Offered spring semester.</i>
<b>EXS 217</b>	<b>3 hours</b>	<b>Wellness Programs</b> This course is a study of the philosophy, goals, objectives, organization, content, and methods of wellness programs. Characteristics of various clientele and how programs can be developed to meet their specific needs will be studied. <i>Prerequisite: EXS 111. Offered fall semester.</i>	<b>EXS 353</b>	<b>3 hours</b>	<b>Physical Fitness Assessment</b> This course will provide a comprehensive study of the components of physical fitness and methods of assessing fitness levels within each component. Health assessment and risk analysis instruments will also be examined. The course consists of classroom work, practical assessment projects, and some field experiences. Each student will participate in "hands-on" fitness assessments of various population groups. <i>Prerequisite: EXS 111, 274, and 306; or permission of instructor. Offered fall and spring semesters.</i>
<b>EXS 270</b>	<b>1-4 hours</b>	<b>Selected Topics</b> A course offered on a subject of interest but not listed as a regular course offering.	<b>EXS 360</b>	<b>1-4 hours</b>	<b>Independent Study</b> An individualized, directed study involving a specified topic.
<b>EXS 273</b>	<b>1 hour</b>	<b>Introduction to Exercise Science Research</b> Students will gain a basic introduction to research through a field experience in an exercise science research project. Students will help with data collection, data entry, and data analysis portions of the study. <i>May be repeated once for credit. By permission of instructor only.</i>	<b>EXS 370</b>	<b>1-4 hours</b>	<b>Selected Topics</b> A course offered on a subject of interest but not listed as a regular course offering.
<b>EXS 274</b>	<b>1 hour</b>	<b>Introduction to Exercise Testing</b> This course will introduce students to the basic skills of cardiovascular disease risk assessment, anthropometric measures, basic muscle strength and endurance assessment, EKG preparation, and data collection. <i>Prerequisite: EXS 111 or permission of instructor.</i>	<b>EXS 381</b>	<b>3 hours</b>	<b>Kinesiology</b> An analysis of human movement based on anatomic and mechanical principles. Emphasis is given to the application of these principles to the understanding of athletic performance. <i>Prerequisites: BIO 244 or permission of instructor. Offered fall and spring semesters.</i>
<b>EXS 280</b>	<b>1 hour</b>	<b>Exercise Techniques for Physical Fitness</b> A course designed to teach various motor skills needed to effectively improve physical fitness such as proper running mechanics, basic lifting techniques, and common stretches. Students will also develop presentation and group exercise leadership skills. <i>Meets foundational core stewardship of the body requirement beyond KIN 100. Exercise Science majors and Coaching minors only.</i>	<b>EXS 393</b>	<b>1-4 hours</b>	<b>Practicum</b> Supervised learning involving a first-hand field experience or a project. Generally, one hour of credit is awarded for a minimum of 40 hours of practicum experience. <i>Prerequisite: Permission of KIN department.</i>
<b>EXS 306</b>	<b>3 hours</b>	<b>Physiology of Exercise</b> A study of how the body adapts and responds to acute and chronic exercise. Attention is given to skeletal muscle structure and function, neurological control of movement, metabolic systems, and cardiovascular and pulmonary systems. <i>Prerequisite: BIO 244 or permission of instructor. Offered fall and spring semesters.</i>	<b>EXS 450</b>	<b>1-4 hours</b>	<b>Directed Research</b> Investigative learning involving closely directed research and the use of such facilities as the library or laboratory. <i>Prerequisite: Permission of instructor.</i>
<b>EXS 316</b>	<b>3 hours</b>	<b>Applied Nutrition</b> This course is a study of basic principles of human nutrition including fundamentals of digestion, absorption, and metabolism; nutrients and their roles for the lifespan; eating disorders; and nutrition for performance. <i>Exercise Science, Health Science, and Human Physiology and Preventative Medicine majors only or by permission of instructor. Offered fall and spring semesters.</i>	<b>EXS 453</b>	<b>3 hours</b>	<b>Physical Fitness Prescription</b> This course provides a study of the prescription and development of appropriate exercise programs based on accurate assessment of each component. Appropriate programs for various populations groups will be considered. The course will consist of classroom work, practical prescription projects, and some field experiences. Each student will participate in "hands-on" prescription and program development for a variety of individuals. <i>Prerequisite: EXS 306. Offered fall and spring semesters.</i>
<b>EXS 317</b>	<b>2 hours</b>	<b>EKG and Stress Testing</b> This course is designed to provide the undergraduate exercise science student with the basic knowledge and skills needed to interpret resting and exercise EKG's. Emphasis will be placed on 1) learning normal vs. abnormal EKG patterns at rest and during exercise; and, 2) the effects of cardiovascular medication on the resting or exercise EKG and various physiologic responses to exercise testing. An additional purpose of the course is to introduce the undergraduate exercise student to selected cardiac assessment techniques. <i>Prerequisite: EXS 306 or permission of instructor.</i>	<b>EXS 480</b>	<b>2 hours</b>	<b>Seminar</b> A limited-enrollment course designed especially for upper-class majors with emphasis on directed readings and discussion.
<b>EXS 318</b>	<b>3 hours</b>	<b>Therapeutic Exercise and Pharmacotherapy</b> A detailed study of the role exercise plays in preventing and treating chronic diseases and conditions including metabolic diseases, obesity, cardiovascular conditions, systemic inflammatory diseases, neurological diseases, cancer, orthopedic conditions, and aging. <i>Prerequisite: EXS 306 or permission of instructor. Offered January interterm and spring semester.</i>	<b>EXS 482</b>	<b>3 hours</b>	<b>Lifespan and Environmental Physiology</b> This is a seminar-style course which will examine the differences in pediatric physiology and geriatric physiology as well as address physiological adaptations to different natural environments. A variety of topics related to pediatric and geriatric physiology will be explored including growth, maturation and aging, underlying mechanisms for changes in fitness in children and older adults, and specific health challenges facing these populations. Topics relevant to environmental physiology that will be explored include adaptations related to hot, humid, and hypoxic environments. <i>Prerequisite: EXS 306. Offered fall semester.</i>
			<b>EXS 490</b>	<b>1-2 hours</b>	<b>Honors</b> Individualized study or research of an advanced topic within a student's major. <i>Open to students with at least a 3.00 GPA in the major field.</i>

## Kinesiology Courses

**KIN 100** **2 hours**  
**Fitness for Life**  
 This course will assist students in developing an understanding of human flourishing founded on biblical principles and scientific evidence in the areas of sleep, stress and time management, nutrition, and various aspects of physical fitness. Students will engage in various assignments and physical activities related to these areas with the purpose of providing the abilities to make healthy lifestyle and behavior choices. *This course satisfies two of the three hours of foundational core requirements for stewardship of the body.*

**KIN 170** **1-4 hours**  
**Selected Topics**  
 A course offered on a subject of interest but not listed as a regular course offering.

**KIN 200** **1 hour**  
**General Physical Education Activity Courses**  
 These courses encourage students to adopt an active physical lifestyle and maintain physical fitness and wellness throughout their lives. Students learn about activities and develop skills for participation in lifetime activities. *One KIN 200 course is taken after KIN 100 to meet the three-hour foundational core requirement. Prerequisite: EXS 111, KIN 100, or KIN 221.*

KIN 200A	Aerobic Conditioning
KIN 200AW	Aerobic Walking
KIN 200B	Badminton
KIN 200C	Weight Control and Fitness
KIN 200CC	Camping and Canoeing
KIN 200D	Square Dance
KIN 200F	Softball
KIN 200FD	Folk Dances of Other Cultures
KIN 200FF	Fly Fishing
KIN 200FN	Functional Fitness
KIN 200G	Golf
KIN 200H	Beginning Horsemanship
KIN 200I <sup>±</sup>	Individualized Physical Education
KIN 200J	Acting
KIN 200JG	Jogging
KIN 200K	Basketball
KIN 200KT	Karate
KIN 200L	Bowling
KIN 200M	Challenge Adventures
KIN 200N	Total Fitness
KIN 200P	Personal Fitness
KIN 200PB	Pickle ball
KIN 200Q	Outdoor Activities
KIN 200R	Racquetball
KIN 200RU	Running
KIN 200S	Soccer
KIN 200SB	Beginning Swimming
KIN 200SF	Fitness Swimming
KIN 200T	Tennis
KIN 200U	Circuit Training
KIN 200V	Volleyball
KIN 200W	Weight Training
KIN 200WA	Well Aerobics
KIN 200Y	Cycling
KIN 200Z <sup>±</sup>	Athletic Participation

**±KIN 200I**—The individualized physical education course is designed for students who fit into one of the following categories: (1) the student has a physical problem that prohibits completion of another KIN 200 course; (2) the student would like to do an activity that is not offered as an KIN 200 course; or (3) the student is near graduation and cannot schedule another KIN 200 course. Students design a program with the instructor's supervision and then engage in that program throughout the semester. Physical fitness assessments may be included as well as cognitive assignments. Students must apply for acceptance into the class and be approved by the instructor in order to register for the course. *Prerequisite: EXS 111, KIN 100, or KIN 221.*

**±KIN 200Z**—The athletic participation course is designed for students who compete on an NAIA intercollegiate athletic team. *Students must be approved by the athletic department and the KIN department to receive academic credit for this course. Credit is given during the sport season and credit will not be given retroactively for athletic participation from another season.*

**KIN 220** **4 hours**  
**Principles of Coaching**  
 This course is a study of the duties and responsibilities of coaches and the potential problems and issues they may face. The content will include the four major areas of coaching certification programs: medical aspects, physiological aspects, psychological aspects, and organizational and administrative aspects. Methods and strategies of handling the responsibilities and the problems will be studied. *Offered fall semester of even years.*

**KIN 221** **3 hours**  
**Exercise as Medicine**  
 This class examines the impact of physical activity, exercise, nutrition, and lifestyle related factors on health and the prevention and treatment of chronic disease. Students will learn the physiological basis of cardiorespiratory and musculoskeletal fitness, how these are influenced by exercise and physical activity, and their relation to health and disease. The therapeutic effect of exercise will be compared to traditional pharmacological treatment approaches where applicable. In addition students will be challenged to consider the personal, spiritual, and social responsibilities of maintaining an optimal level of fitness as they apply course content to their own life. *Meets the 3 hour foundational core stewardship of the body requirement. Open to Pre-Med students and Public Health, Health Promotion and Wellness, Health Science, and Human Physiology and Preventative Medicine majors only or by permission of instructor.*

**KIN 223** **3 hours**  
**Emergency Health Care**  
 Prevention, treatment, and emergency care of various health problems and injuries will be examined. Skills will be obtained in CPR, AED, first aid, blood and airborne pathogens, blood pressure assessment, and use of PPEs according to guidelines of the Emergency Care and Safety Institute and American Red Cross.

**KIN 231** **2 hours**  
**Officiating Sports**  
 A study of the officiating skills and techniques needed for various sports. The opportunity to earn official's rating is provided. *Offered fall semester of odd years.*

**KIN 250** **2 hours**  
**Elementary School Health and Physical Activity**  
 A course designed to equip the elementary education student with a basic understanding of teaching concepts associated with physical education activities and appropriate health and safety practices. Fundamental content of the areas of physical education, health, and safety, as well as teaching methods, are explored. *Meets foundational core stewardship of the body requirement beyond KIN 100. Prerequisite: KIN 100. Open to Elementary Education, Health Promotion and Wellness, and Public Health majors only or permission of instructor. Offered fall and spring semesters.*

**KIN 270** **1-4 hours**  
**Selected Topics**  
 A course offered on a subject of interest but not listed as a regular course offering.

**KIN 271** **1 hour**  
**CPR for Healthcare Providers**  
 Successful completion of this course will certify participants in the techniques of CPR and AED use for adults, children, and infants; foreign body obstruction; and cardiac emergency management according to American Heart Association standards. *Priority registration for this course is given to students in the KIN majors.*

**KIN 300** **1 hour**  
**Basic Swimming Skills**  
 For KIN majors who have satisfactorily completed a basic swimming, intermediate swimming, or emergency water safety course at another institution. Students will receive credit for basic proficiency in swimming skills and water safety upon submission of official transcript. *Meets foundational core stewardship of the body requirement beyond KIN 100.*

**KIN 302** **2 hours**  
**Lifeguard Training**  
 This course is designed to train an individual in the proper methods for rescue, water safety, first aid, CPR, and other skills necessary for lifeguarding. *Meets foundational core stewardship of the body requirement beyond KIN 100. Prerequisite: KIN 100.*

**KIN 324** **2 hours**  
**Motor Learning**  
 A study of the theories and research of the processes of learning motor skills. The application of appropriate methods of teaching motor skills is studied and practiced to enable the students to understand how they can be used effectively. *Prerequisite: EXS 111 or permission of instructor.*

**KIN 333** **2 hours**  
**Water Safety Instructor**  
 Instruction in the skills, terminology, and progressions of teaching swimming strokes and water safety. The course includes knowledge of the skills, physical performance of the skills, and teaching skills. Successful completion of the American Red Cross requirements leads to certification in Red Cross VWSI. *Advanced swimming skills are necessary. Meets foundational core stewardship of the body requirement beyond KIN 100. Prerequisites: KIN 100 and permission of instructor.*

**KIN 334** **1 hour**  
**Lifeguard Training Instructor**  
 Acquisition of the skills, terminology, and progressions for teaching American Red Cross Lifeguard Instructor Training. The course includes both knowledge of the skills and physical performance of the skills. Successful completion of the American Red Cross requirements leads to certification as a Red Cross LGI. *Meets foundational core stewardship of the body requirement beyond KIN 100. Prerequisites: KIN 302 and permission of instructor.*

**KIN 355** 3 hours  
**Research Methods**  
 An exploration of the basic methods of research and data collection in the realms of sport management, physical education, and exercise science in a lecture format. Topics include defining a research question, reviewing and analyzing past research, designing a research project, collecting and analyzing data, and interpreting results. Students will also learn basic statistics, and Excel and PowerPoint table and figure making skills. *Prerequisite: EXS 111 or KIN 221. Offered fall and spring semesters.*

**KIN 360** 1-4 hours  
**Independent Study**  
 An individualized, directed study involving a specified topic.

**KIN 367** 3 hours  
**Coaching Methods**  
 This course will assist the student in learning how to teach the skills and strategies of selected sports and how to utilize that information to be an effective coach. The content includes basic sport skills, types of offenses and defenses, special situation strategies and other strategies specific to selected sports. The student will learn correct techniques of skills and skill progressions as well as drills to teach skills and strategies.

**KIN 370** 1-4 hours  
**Selected Topics**  
 A course offered on a subject of interest but not listed as a regular course offering.

**KIN 393** 1-4 hours  
**Practicum**  
 Supervised learning involving a first-hand field experience or a project. Generally, one hour of credit is awarded for a minimum of 40 hours of practicum experience. *Prerequisite: Permission of KIN department.*

**KIN 425** 1 hour  
**CHES Preparation Seminar**  
 This course provides a detailed review of the analysis and application of the Seven Areas of Responsibilities and Competencies. Focus is on helping increase knowledge of the concepts and successfully pass the Certified Health Education Specialist (CHES) examination in either the Fall or Spring semester of the senior year. It is designed to review the health educator responsibilities, competencies, and sub-competencies and also provide an overview of the national certification examination. Additional work will be required by the student to maximize success on the exam. *Prerequisites: EXS 213, 217, 316, 346; KIN 221, 355, 450, 425; PBH 100, 110, 210, 320, 330, 493. Pass/fail only.*

**KIN 450** 1-4 hours  
**Directed Research**  
 Investigative learning involving closely directed research and the use of such facilities as the library or laboratory. *Prerequisite: Permission of instructor.*

**KIN 472** 2 hours  
**Psychology of Coaching**  
 This course is a study of the role of psychology in coaching and how coaches can use psychology to enhance the performance of athletes and teams. Topics include psychology, philosophy of sport, motivation, self-confidence, goal setting, attention/concentration, imagery, arousal, self-talk, stress management, and mental skill methods/training. An application of appropriate mental skills will be addressed for each topic. Biblical principles of psychology will be integrated into topics.

**KIN 480** 2 hours  
**Seminar**  
 A limited-enrollment course designed especially for upper-class majors with emphasis on directed readings and discussion. *Students examine contemporary issues in sport.*

**KIN 490** 1-2 hours  
**Honors**  
 Individualized study or research of an advanced topic within a student's major. *Open to students with at least a 3.00 GPA in the major field.*

**KIN 492** 4 hours  
**Internship**  
 This field experience is designed to have the students apply what they have learned in their courses and to extend that learning by working in an organization that is appropriate for their major. Students work on a regular basis at the organization under the supervision of approved staff members. Students are also under the supervision of a member of the Taylor University Department of Kinesiology. *Each student must comply with the guidelines for credit hours, clock hours, and other criteria that are specific for the internship in his/her major. To register for this internship, the student must submit a proposal for the internship and have it approved by the KIN department and the internship organization. Prerequisites: All designated prerequisites for the internship in that major.*

### Sport Management Courses

**SMA 115** 2 hours  
**Introduction to Sport Management**  
 The course is an introduction to the profession of sport management. The student will study the history and philosophies of sport and be introduced to research in the profession. The course will also clarify the requirements of the Taylor University Sport Management major, explore career opportunities in the profession, and assist the student in preparing for employment in the profession.

**SMA 170** 1-4 hours  
**Selected Topics**  
 A course offered on a subject of interest but not listed as a regular course offering.

**SMA 210** 1 hour  
**Human Performance Technology**  
 Students are introduced to a variety of general and specialized applications of technologies available to the Sport Management major. Lab opportunities are provided. *Prerequisite: COS 104. Offered spring semesters.*

**SMA 270** 1-4 hours  
**Selected Topics**  
 A course offered on a subject of interest but not listed as a regular course offering.

**SMA 350** 3 hours  
**Sport Management**  
 This course is a study of the roles, functions, and responsibilities of the person who manages sports programs. The emphasis is on how these functions can be successfully performed in various sports organizations. *Prerequisite: SMA 115. Offered spring semester of even years.*

**SMA 351** 3 hours  
**Sport Public Relations**  
 This course is an introduction to the responsibilities of communicating with the public in a sports organization and the techniques and strategies that can be used to promote sports effectively. Assignments provide students with practical experiences with these techniques and strategies. *Prerequisite: SMA 115. Offered fall semester of odd years.*

**SMA 352** 3 hours  
**Event and Facility Management**  
 This course covers the duties that need to be performed in managing various types of sports events and different types of sports facilities. The process and features of designing new facilities and remodeling existing ones and the maintenance responsibilities of facility managers will also be studied. *Prerequisite: SMA 115 or permission of instructor. Offered spring semester of odd years.*

**SMA 354** 3 hours  
**Sport Finance**  
 A comprehensive analysis of financial and economic issues related to the sports industry. Topics include budgeting, capital structuring, planning processes, taxation, public funding, fundraising, and sponsorships. Also, topics of a macro perspective that affect various levels of sport and various leagues will be discussed. *Prerequisite: SMA 115 or permission of instructor. Offered fall of even years.*

**SMA 360** 1-4 hours  
**Independent Study**  
 An individualized, directed study involving a specified topic.

**SMA 370** 1-4 hours  
**Selected Topics**  
 A course offered on a subject of interest but not listed as a regular course offering.

**SMA 393** 1-4 hours  
**Practicum**  
 Supervised learning involving a first-hand field experience or a project. Generally, one hour of credit is awarded for a minimum of 40 hours of practicum experience. *Prerequisite: Permission of KIN department.*

**SMA 393A** 1 hour  
**Practicum**  
 Supervised learning involving a first-hand field experience or a project. Generally, one hour of credit is awarded for a minimum of 40 hours of practicum experience. *Prerequisite: Permission of KIN department.*

**SMA 393B** 1 hour  
**Practicum**  
 Supervised learning involving a first-hand field experience or a project. Generally, one hour of credit is awarded for a minimum of 40 hours of practicum experience. *Prerequisite: Permission of KIN department.*

**SMA 430** 2 hours  
**Legal Issues in Sport**  
 This course includes a review of legal concepts and terms. Students will analyze legal cases and issues in the realm of sports, study how cases/issues are solved, and develop strategies for handling them. *Prerequisites: SMA 115, SMA 350, and MGT 311; or permission of instructor. Offered fall semester of odd years.*

**SMA 450** 1-4 hours  
**Directed Research**  
 Investigative learning involving closely directed research and the use of such facilities as the library or laboratory. *Prerequisite: Permission of instructor. Offered spring semester.*

**SMA 480** 2 hours  
**Seminar**  
 A limited-enrollment course designed especially for upper-class majors with emphasis on directed readings and discussion. *Students examine contemporary issues in sport. Case studies, guest speakers, field trips, readings, etc., may be used to critically assess issues in sport and to explore strategies for managing them. Prerequisites: SMA 115 and SMA 350; or permission of instructor. Offered spring semester of odd years.*

**SMA 490** 1-2 hours  
**Honors**  
 Individualized study or research of an advanced topic within a student's major. *Open to students with at least a 3.00 GPA in the major field.*