

2025-2026 Academic Year

Requirements Effective Fall 2024

Min. Grad. Req: 120 Hrs., 30 UD Hrs., 2.0 GPA Institutional & Cumulative

Reviewed by: _____

Date: _____

(B.S.) KINESIOLOGY

Name & Student ID #

Expected Graduation Date:

General Education Requirements

- 3 THEO 110 Intro to Christianity
- 3 BLIT 210 Christian Scriptures
- 3 CMIN 310 Christian Living
- 3 ENGL 109 College Writing I
- 3 ENGL 210 College Writing II (APA)
- 3 COMM 105 Fundamentals of Communication
- 3 HIST 200 Western Civilization
- 6 Approved Humanities Courses*

Select 3 hours from two different areas:

Fine Arts, Literature, Philosophy, or SPAN 212

- 3-8 Elementary Foreign Language I & II (SPAN 111/112 or FREN 101/102)
OR an approved Intercultural Understanding course*

- 3 MATH 103, MATH 112, or higher math _____
Note: MATH 131, 137, or 147 is required for PHYS 121

* See olivet.edu/registrar for an approved list of courses

- Students completing a minor must complete a minimum of 6 unique hours between major and minor.
- Students pursuing a double major or greater must complete a minimum of 20 unique hours (excludes supporting courses)

Major: 53-54 Hours (2.0 GPA required in major)

- 2 EXSS 110 Intro to Kinesiology
- 3 EXSS 183 Prevention of Orthopedic Injuries
- 1 EXSS 200 Kinesiology Practicum I
- 1-2 EXSS 310 Kinesiology Practicum II
- 3 EXSS 362 General Medical Conditions
- 1 EXSS 400 Kinesiology Practicum III
- 3 EXSS 425 Fitness Testing/Exercise Prescription
- 3 EXSS 472 Kinesiology
- 3 PHED 126 Nutrition, Health and Fitness (GER:STWD)
- 2 PHED 228 Weight Training
- 2 PHED 241 First Aid and Emergency Care
- 4 PHED 246 Anatomy and Physiology I (GER: BIOL SCI)
- 4 PHED 247 Anatomy and Physiology II (GER: BIOL SCI)
- 4 PHED 360 Physiology of Exercise

Required Supporting Courses:

- 4 BIOL 125 Biology I (GER:BIOL SCI)
- 4 CHEM 103 General Chemistry I (GER:PHYS SCI)
- 3 FACS 332 Sports Nutrition
- 3 PSYC 101 Intro to Psychology (GER: SOC SCI)
- 3 PSYC 200 Lifespan Development

And completion of one concentration:

A. Pre-Physical Therapy (22 hours)

- 4 BIOL 126 Biology II
- 2 BIOL 211 Medical Terminology
- 4 CHEM 104 General Chemistry II
- 4 MATH 241 Statistics (GER: MATH)
- 4 PHYS 121/201 Physics I (GER: PHYS SCI)
- 4 PHYS 122/202 Physics II

Recommended Supporting Courses:

- 3 EXSS 373 Orthopedic Evaluation
- 4 EXSS 376 Therapeutic Intervention
- 3 PSYC 368 Psychological Disorders

B. Pre-Occupational Therapy (10 hours)

- 2 BIOL 211 Medical Terminology
- 4 MATH 241 Statistics (GER: MATH)
- 4 PHYS 121/201 Physics I (GER: PHYS SCI)

Recommended Supporting Courses:

- 3 EXSS 373 Orthopedic Evaluation
- 4 EXSS 376 Therapeutic Intervention
- 3 PHED 370 Adaptive PE
- 3 PSYC 368 Psychological Disorders

C. Pre-Athletic Training (17 hours)

- 2 BIOL 211 Medical Terminology
- 3 EXSS 373 Orthopedic Evaluation
- 4 EXSS 376 Therapeutic Intervention
- 4 MATH 241 Statistics (GER: MATH)
- 4 PHYS 121/201 Physics I (GER: PHYS SCI)

Recommended Supporting Courses:

- 3 PSYC 368 Psychological Disorders

D. Exercise Physiology (17 hours)

- 3 EXSS 320 Sport Psychology
- 3 EXSS 429 Personal Training
- 3 EXSS 430 Internship in Kinesiology
- 3 FACS 331 Eating Disorders
- 3 PHED 242 Foundations of Health
- 2 PHED 243 Personal and Community Health

Recommended Supporting Courses:

- 4 PSYC/SOCY 331 Basic Research and Statistics

- Required grade of C- or better in all PHED and EXSS courses