

OUACHITA BAPTIST UNIVERSITY
Major: KIN/LST (Fitness Emphasis)

Degree: B.A.

2015-16

| COMMON CORE | | Credit Hours |
|---|---|---------------------|
| All students take the following courses. | | |
| CORE 1002 | OBU Connections† | 2 |
| CORE 1023 | The Contemporary World | 3 |
| CORE 1043 | Composition I | 3 |
| CORE 1113 | Survey of the Bible | 3 |
| CORE 1123 | Interpreting the Bible | 3 |
| CORE 2213 | Western Civilization in Global Context | 3 |
| CORE 2233 | World Literature | 3 |
| CORE 2334 | Scientific Inquiry | 4 |
| CORE 3023 | Scientific Connections | 3 |
| FLEXIBLE CORE | | |
| Choose as indicated from each of the seven categories. | | |
| Analytic & Quantitative Reasoning (One course*) | | 3 |
| MATH 1003 | College Algebra | |
| MATH 1033 | Mathematics for the Liberal Arts | |
| PHIL 1003 | Introduction to Philosophy | |
| PHIL 1023 | Logic | |
| * Students with ACT math score of 22 or less (SAT 530 or less) must choose one of the MATH courses. | | |
| Applied Skills (One course) | | 3 |
| COMM 1003 | Fundamentals of Public Speaking | |
| FINN 2003 | Personal Finance | |
| Artistic Engagement (One course**) | | 3 |
| FINA 3113 | Fine Arts: Art | |
| FINA 3123 | Fine Arts: Music | |
| FINA 3133 | Fine Arts: Theatre | |
| ** May be satisfied by participation in the European Study Program. | | |
| Civic Engagement in America (One course) | | 3 |
| PSCI 2013 | American National Government | |
| HIST 2003 | United States History to 1877 | |
| HIST 2013 | United States History Since 1877 | |
| Intercultural Appreciation and Communication† (Two courses) | | 6 |
| CHIN, FREN, GERM, GREK, HEBR, LATN, JAPN, SPAN | Two semesters of credit in the same foreign language. May also be satisfied by approved language-intensive study-abroad experience. | |
| Physical Well-being | | 2-3 |
| KIN 1002 | Concepts of Wellness | |
| KIN 2073 | Health and Safety | |
| LST 2013 | Outdoor Leisure Pursuits | |
| EXPERIENTIAL CORE | | |
| CHAP 1000 | Chapel (7 credits required†) | 0 |
| FINA 4011 | Arts Engagement Series | 1 |
| TOTAL | | 48-49 |

† For more detail, refer to the School of Interdisciplinary Studies section of the catalog.

| MAJOR | | Credit Hours |
|------------------------------|---|---------------------|
| KIN 1003 | Foundations of Kinesiology & Leisure Studies | 3 |
| KIN 1012 | First Aid | 2 |
| KIN 1113 | Fundamental Motor Development | 3 |
| KIN 1151 | Methods of Elem. Swimming & Aquatics | 1 |
| KIN 2093 | Structural Basis of Human Movement | 3 |
| KIN 2121 | Methods of Aerobics and Rhythms | 1 |
| KIN 2902 | Methods of Strength Training and Conditioning | 2 |
| KIN 3023 | Physiology of Exercise | 3 |
| KIN 3073 | Adapted Kinesiology & Leisure Studies Methods | 3 |
| KIN 4013 | Org. & Admin. of KIN/LST Programs | 3 |
| KIN 4023 | Field Experience in KIN/LST | 3 |
| KIN 4043 | Biomechanical Analysis | 3 |
| KIN 4601 | Senior Seminar | 1 |
| LST 3013 | Program Design and Management | 3 |
| DIET 2043 | Sports Nutrition | 3 |
| Choose two of the following: | | |
| KIN 1101 | Methods of Team Sports | 2-3 |
| KIN 2101 | Methods of Golf | |
| KIN 2131 | Methods of Tennis and Badminton | |
| PEAC 2831 | Indoor Climbing | |
| PEAC 2861 | Hiking and Camping | |
| PEAC 2891 | Kayaking | |
| LST 4842 | Backpacking and Nature Awareness | |
| Choose one of the following: | | |
| KIN 2022 | Basketball Coaching | 2 |
| KIN 2032 | Football Coaching | |
| KIN 3032 | Coaching Individual Sports | |
| KIN 3042 | Coaching Team Sports | |
| Total | | 41-42 |

| ADDITIONAL AREA REQUIREMENTS | | |
|-------------------------------------|----------------|----------|
| CORE 2053 | Composition II | 3 |
| Total | | 3 |

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| MINOR: Minimum 18 hours (see specific requirements) | 18 |
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| ELECTIVES: Choose courses to reach 120 hours. | 8-10 |
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| CREDIT HOUR SUMMARY | |
|-------------------------------------|--------------|
| CORE | 48-49 |
| MAJOR | 41-42 |
| ADDITIONAL AREA REQUIREMENTS | 3 |
| MINOR | 18 |
| ELECTIVES | 8-10 |
| TOTAL | 120 |

| GENERAL GRADUATION REQUIREMENTS |
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| 7 Chapel Credits, or 1 per semester for transfer students |
| 2.000 minimum GPA (overall, OBU, major, and minor) |
| At least 24 hours with grades of C or higher in the major |
| Jr./Sr. Hours: At least 39 total, 12 in the major and 6 in the minor |
| At least 60 hours taken at OBU, including 30 of last 36 hours. |