

**Major Course Requirements**

A minimum of 83-101 hours (at least 35 upper-division hours):  
 A minimum of 83-101 hours (at least 35 upper-division hours):

► **Required Core Courses (63 hours):**

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
BIOL 223	Medical Terminology	2
ESTH 101	Health and Exercise Science Career Pathways	2
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 265	Theory & Technique of Aquatics	3
ESTH 301	Exercise Physiology	4
ESTH 301L	Exercise Physiology Lab	1
ESTH 302	Biomechanics	4
ESTH 311	Intro to Adapted Physical Activity	3
ESTH 312	Motor Learning	4
ESTH 381	Theory & Technique of Racket Sports	3
ESTH 383	Theory & Technique of Training	4
ESTH 401	Research in Health and Exercise Science	4
ESTH 450	Sports Psychology and Ethics	4
ESTH 492	Capstone in Kinesiology	3
FDNT 235	Nutrition	3
HLED 166	Health Education	2
HLED 166L	Health Education Lab	1
HLTH 301	Health, Society, and the Consumer	4
or GLBH 310	Population Health	4

► **Required Core Electives (6 hours):**

At least 6 hours from the following: 6

*(To be chosen in consultation with the major advisor)*

ESTH 281	Theory & Tech of Track & Field/Softball (3)	
ESTH 282	Theory & Tech of Basketball/Volleyball (3)	
ESTH 283	Theory & Technique of Soccer/Flag Football (3)	
ESTH 287	Theory & Technique Individual Sports (3)	

► **Required Cognate Courses (14-32 hours):**

*At least one of the following in each area*

*Area 1: Biology (4-5 hours)*

BIOL 121, 122, or 123	Biological Foundations I, II, or III	5
	or other upper-division BIOL course	

*Area 2: Chemistry (4-15 hours)*

CHEM 101	Intro to Chemistry	4
or CHEM 104	Survey of Biological Chemistry	4
or CHEM 111+112+113	General Chemistry	5+5+5

*Area 3: Physics (6-12 hours)*

PHYS 105-106L	Intro to Physics + Lab	5+1
or PHYS 111+112+113	General Physics	4+4+4

The B.S. degree curriculum (including all recommended cognates) meets all undergraduate requirements for pre-physical therapy students applying to Loma Linda University and Andrews University.

**Student Learning Outcomes**

**Students can:**

- Apply the fundamentals of anatomy, kinesiology, physiology, and nutrition as they relate to human performance and in particular within the context of sport.
- Critically analyze and demonstrate an understanding of issues related to safety, injury prevention and treatment, fundamental skill development, and skill adaptations as they relate to the field of human movement and sport.
- Demonstrate an understanding of the principles of health and wellness, ethics in sport, and historical foundations within the field of human movement and sport.

**Occupational Information**

**What can I do with this major?**

Students graduating with a major in Exercise Science will be prepared to either enter medical school or go on to athletic training in a graduate program in a specific area of exercise science.

**Additional Education Required?**

Graduates from this program are prepared for undertaking a masters degree program, and if successful there, may go on to a doctoral program of their choice.

**Public Sector vs. Denominational**

Employment can be found both in the public sector and the denomination.

**Job Outlook**

Many students who finish this program and are successful in a graduate program either in medicine or athletic training, find employment in hospitals, athletic clinics, universities, or professional sport teams.

Depending on which track a student undertakes, he or she might expect to earn an salary between \$65,000 and \$125,000 although most new graduates might expect to start at a lower amount.

**General Education Requirements**

To view general education requirements for this major, please refer to page A-01, Summary of General Education Requirements: B.S. Degree.

**How to Construct Your Own Program**

1. Consult with your academic advisor.
2. Consider your aptitudes, interests, and available courses.
3. Schedule major courses and cognates first.
4. Fill the rest of your schedule with G.E. requirements.
5. For the freshman year include English, Religion, and PE courses. Also include Basic Algebra I+II unless waived by previous work.

**What the Degree Includes**

- A total of 180 quarter hours including:
1. A minimum of 60 upper division hours.
  2. General Education requirements.
  3. Major requirements.
  4. Minimum 2.0 GPA, overall and major.

**For More Information**

Kinesiology and Health Science Department  
 Pacific Union College  
 One Angwin Avenue  
 Angwin, CA 94508  
 (707) 965-6636

Visit our website: [puc.edu/academics/departments/kinesiology/](http://puc.edu/academics/departments/kinesiology/)

**Sample Four-Year Program**

This sample curriculum is designed to show you how a program may be constructed and to help you select a proper sequence of courses in the major. It is not likely that these courses can always be taken in the order given. Your advisor will help you design a personalized program of studies.

<b>First Year</b>	<b>F</b>	<b>W</b>	<b>S</b>
College English I, II	4	4	-
Intro to Communication	-	-	4
General Psychology	-	-	4
Human Anatomy	5	-	-
Human Physiology	-	5	-
Health & Exercise Science Career Pathways	-	2	-
Health Education	-	-	2
Religion Courses	3	-	3
General Education/Electives	4	5	2
<b>Second Year</b>	<b>F</b>	<b>W</b>	<b>S</b>
Exercise Physiology	4	-	-
Nutrition	-	3	-
Medical Terminology	2	-	-
Human Development	-	-	4
General Physics (or PHYS 105)	4	4	4
General Education/Core*/Pre-PT**	6	9	8
<b>Third Year</b>	<b>F</b>	<b>W</b>	<b>S</b>
General Chemistry (or CHEM 101)	5	5	5
Biomechanics	-	-	4
General Education/Core*/Pre-PT**	11	11	7
<b>Fourth Year</b>	<b>F</b>	<b>W</b>	<b>S</b>
Research	-	4	-
T&T of Strength Training	-	4	-
Advanced Human Anatomy (or BIOL 121-2-3)-	-	-	5
Capstone in Kinesiology	-	-	3
General Education/Core*/Pre-PT**	12	8	8
<b>*Odd Year Core Courses and Electives</b>	<b>F</b>	<b>W</b>	<b>S</b>
T&T of Aquatics	3	-	-
T&T of Basketball/Volleyball	3	-	-
Sports Psychology and Ethics	4	-	-
Care and Prevention	-	2	-
Motor Learning	-	4	-
T&T of Track & Field/Softball	-	-	3
<b>*Even Year Core Courses and Electives</b>	<b>F</b>	<b>W</b>	<b>S</b>
T&T of Soccer/Flag Football	3	-	-
T&T of Racket Sports	3	-	-
Intro to Adapted Physical Activity	-	-	3
T&T of Individual Sports	-	-	2

\* Courses marked (even) or (odd) are taught in alternate years only. 2025-2026 is even, 2026-2027 is odd.