

OUACHITA BAPTIST UNIVERSITY

Degree: B.A.

Major: Kinesiology and Leisure Studies (Exercise Science)

2021 – 2022

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 2233	World Literature	3
CORE 2243	History of World Societies	3
CORE 2334	Scientific Inquiry (Satisfied by major)	0
CORE 3023	Scientific Connections (Satisfied by major)	0
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, ITAL, LATN, JAPN, RUSS, SPAN	Two semesters of credit in the same foreign language. May also be satisfied by approved language-intensive study-abroad experience.	
Physical Well-being (Satisfied by major)		0
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		39

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

GENERAL GRADUATION REQUIREMENTS	
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.	

MAJOR		Credit Hours
KIN 1003	Foundations of Kinesiology & Leisure Studies	3
KIN 1113	Fundamental Motor Development	3
KIN 2073	Health and Safety	3
KIN 2093	Structural Basis of Human Movement	3
KIN 2903	Methods of Strength Training and Conditioning	3
KIN 3013	Care & Prevention of Injuries	3
KIN 3023	Physiology of Exercise	3
KIN 3073	Adapted Kinesiology & Leisure Studies Methods	3
KIN 4023	Field Experience in KIN/LST	3
KIN 4033	Exercise Prescription and Testing	3
KIN 4043	Biomechanical Analysis	3
KIN 4601	Senior Seminar	1
BIOL 1014	General Biology I	4
BIOL 2014	Human Anatomy and Physiology I	4
BIOL 2024	Human Anatomy and Physiology II	4
CORE 2053	Composition II	3
Choose two of the following:		
DIET 2043	Sports Nutrition	6
KIN 2213	Meth. Teaching & Coaching Individual Activities	
KIN 2223	Meth. Teaching & Coaching Team Activities	
KIN 4013	Org. & Admin. of KIN/LST Programs	
LST 3013	Program Design and Management	
Total		55

MINOR: Minimum 18 hours	18
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ELECTIVES: Choose courses to total 120 hours, including 39 Jr/Sr-level hours.	8
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CREDIT HOUR SUMMARY	
CORE	39
MAJOR	55
MINOR (minimum)	18
ELECTIVES	8
Total	120