



PROGRAM PLANNER
2026 - 2027

Name:
ID#:

PROFESSIONAL DIRECTED STUDIES
Kinesiology - Exercise Science
BACHELOR OF SCIENCE

BIBLICAL EDUCATION (30 hrs)			HRS	GR	TR
Bible (18 hrs)					
BI115	Bible Study/Hermeneutics	(3 hrs)			
BI120	Old Testament Survey	(3 hrs)			
BI130	New Testament Survey	(3 hrs)			
BI343	Genesis	(3 hrs)			
Choose 1:					
BI224	John OR	(3 hrs)			
BI334	Romans	(3 hrs)			
BI / BL / TH Elective (Choose 1):					
Theology (12 hrs)					
TH111	Evangelism/Spiritual Life	(3 hrs)			
TH220	Systematic Theology I	(3 hrs)			
TH221	Systematic Theology II	(3 hrs)			
TH222	Systematic Theology III	(3 hrs)			
HOURS COMPLETED:			0		
HOURS NEEDED:			30		

GENERAL EDUCATION (36 hrs)			HRS	GR	TR
COMMUNICATIONS (9 hrs)					
Required:					
EN112	College Composition I	(3 hrs)			
EN113	College Composition II	(3 hrs)			
Communications Elective: (Choose 1)					
		(3 hrs)			
HUMANITIES (10 hrs)					
Required:					
RP100	Developing a Biblical Worldview	(1 hr)			
RP330	World Religions	(3 hrs)			
Fine Arts: (Choose 1)					
MU110	Music Appreciation OR	(3 hrs)			
TA341	Christ & Creativity	(3 hrs)			
Literature: (Choose 1)					
EN201, EN212, EN213					
		(3 hrs)			
History:					
HP100	Constitutional Exam	(0 hrs)			
History: (Choose 1)					
HP221	American History I OR	(3 hrs)			
HP222	American History II	(3 hrs)			
NATURAL SCIENCES / MATH (10 hrs)					
Required:					
MA115	College Algebra	(3 hrs)			
PE110	Lifetime Fitness	(1 hr)			
Science: (Choose 1)					
CHEM1104	Intro to the Sciences: Chemistry OR	(4 hrs)			
CHEM1131	General Chemistry I	(5 hrs)			
SOCIAL / BEHAVIORAL SCIENCES (5 hrs)					
Required:					
GE101	Warrior Seminar	(2 hrs)			
Social Sciences:					
		(3 hrs)			
HOURS COMPLETED:			0		
HOURS NEEDED:			36		

TOTAL HOURS REQUIRED FOR THE DEGREE: 127

TRANSFER CREDIT FROM:	HRS
Total Transfer Hours:	0

PROFESSIONAL EDUCATION (63 hrs)			HRS	GR	TR
Missions/ Ministry Core (3 hrs)					
IC111	Intro to Christian Missions	(3 hrs)			
Exercise Science Focus (60 hours)					
<i>* based on program at University of Central Missouri</i>					
Kinesiology Core:					
BIOL3401	Human Anatomy	(3 hrs)			UCM
BIOL3402	Human Physiology	(5 hrs)			UCM
KIN1101	Intro to Kinesiology	(3 hrs)			UCM
KIN1800	Functional Anatomy	(3 hrs)			UCM
KIN2800	Biomechanics	(3 hrs)			UCM
KIN2850	Foundations of Exercise Physiology	(3 hrs)			UCM
KIN3850	Assessment & Eval of Fitness/Wellness	(3 hrs)			UCM
KIN4341	Physical Activity & Special Populations	(3 hrs)			UCM
KIN4765	Internship	(6 hrs)			UCM
KIN4870	Applied Exercise Physiology	(3 hrs)			UCM
PE2455	Growth & Motor Development	(3 hrs)			UCM
PSY3030	Intro to Statistics for Psychology	(3 hrs)			UCM
Exercise Science					
AT3610	Care & Prevention of Injuries	(3 hrs)			UCM
HLTH4370	Pathophysiology	(3 hrs)			UCM
KIN1206	Personal Fitness & Wellness	(3 hrs)			UCM
KIM2900	Essentials of Personal Training	(3 hrs)			UCM
KIM4860	Fitness Programming & Implementation	(3 hrs)			UCM
Choose 1:					
PHYS1101	College Physics I OR	(4 hrs)			UCM
PHYS1104	Intro to the Sciences: Physics	(4 hrs)			UCM
HOURS COMPLETED:			0		
HOURS NEEDED:			63		

TOTAL HRS COMPLETED:	0
TOTAL HRS NEEDED:	127

CM099	Christian Ministry	
-------	--------------------	--