

HEALTH AND FITNESS PROMOTION, BA

The Bachelor of Arts in Kinesiology in Health and Fitness Promotion is designed for students desiring to pursue careers in health promotion, wellness and/or fitness-related settings. Areas such as exercise and sports performance, personal fitness training, corporate wellness, recreation/leisure settings, public health management and profit/non-profit health agencies are some examples. In addition, students could pursue advanced degrees in other health and fitness-related professions but may need to complete additional course work to meet prerequisite requirements for graduate school.

Degree Requirements

In addition to the requirements stated below, students must complete 34-35 hours of General Education (<https://catalog.washburn.edu/undergraduate/programs-degrees-graduation-requirements/general-education-requirements/>), all requirements for a Bachelor of Arts (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/degrees/bachelor-arts/>) degree, and any additional hours needed to reach the minimum 120 credit hours required for graduation. Some of the courses below may also fulfill general education or other degree requirements. Please see your advisor for more information.

Code	Title	Hours
Required Courses Inside Department		
KN 248	Wellness Concepts and Applications	3
KN 250	Introduction to Kinesiology	2
KN 257	Prevention and Care of Athletic Injuries	3
KN 266	Microcomputer Applications to Kinesiology	2
KN 300	Psychology of Sport and Physical Activity	3
or KN 318	Exercise Psychology	
KN 306	Organization and Administration in Kinesiology	3
or KN 330	Administration of Exercise and Rehabilitation Science	
KN 308	Nutrition for Sports & Fitness	3
KN 321	Anatomical Kinesiology	3
KN 326	Physiology of Exercise	3
KN 342	Physical Education Activity Techniques II	2
HL 377	Critical Issues in Health	3
KN 410	Fitness Testing and Exercise Prescription	3
Kinesiology Electives (select two courses from the following)		4
KN 335	Human Factors and Ergonomics	
KN 357	Sports Performance Training and Conditioning	
KN 411	Current Literature in Kinesiology	
KN XXX	Other KN course 300 level or above	
KN 498	Internship: Health and Fitness Promotion (150-300 contact hours)	3
Required Courses Outside Department		
BI 100 & BI 101	Human Biology and Human Biology Laboratory	5
or BI 192	General Cellular Biology	
BI 250	Introduction to Human Anatomy	3-4
or BI 275	Human Anatomy	

BI 255	Human Physiology	4
PY 100	Basic Concepts in Psychology	3
PY 326	Health Psychology	3
Select two courses from the following		6
AL 320	Human Disease	
CN 306	Health Communication	
HS 371	Mental Health and Aging	
MU 307	Music and the Brain	
SO 315	Sociology of Sport	
Non-Kinesiology Electives ¹		16
Total Hours		80-81

¹ Course selection should be discussed with advisor. At least 3 credit hours must be upper division.