**4-YEAR SUGGESTED COURSE SCHEDULE**
**KINESIOLOGY (Exercise Science)**
**Simpson University**

| | FALL | | | SPRING | | |
|---|---|---|---|---|---|---|
| | **COURSE #** | **COURSE TITLE** | **UNITS** | **COURSE #** | **COURSE TITLE** | **UNITS** |
| **FRESHMAN** | GATE 1000 | Gateway to the Ascent | 2 | BIBL 1310 | Literature of New Testament | 3 |
| | CORE 2000 | Engaging Faith & Society | 3 | BIOL 1310 | Human Anatomy + Lab | 4 |
| | KINS 2100 | Intro to Kinesiology | 3 | COMM 1260 | Oral Communication | 3 |
| | LEAD 2000 | Service Seminar | 0 | ENGL 1220 | Principles of College Writing II | 3 |
| | PSYC 1600 | Intro to Psychology | 3 | MATH 2610 | Statistics | 3 |
| | Trail #2 | Cultural Perspectives (HUMA 1450) | 3 | | | |
| | | | **14** | | | **16** |
| **SOPHOMORE** | BIBL 1300 | Literature of Old Testament | 3 | CHEM 1300 | Intro to Gen. Org. Bio Chem. + Lab | 4 |
| | BIOL 1320 | Human Physiology + Lab | 4 | KINS 3200 | Measurement & Eval in Kinesiology | 3 |
| | BIOL 2110 | Nutrition | 4 | PSYC 3016 | Lifespan Development (Summit) | 3 |
| | KINS 2200 | Methods of Teaching Sports Activities | 3 | Trail #1 | Artistic Expression | 3 |
| | | PHED/ODLE Athletics Elective | 1 | Trail #3 | Civic Engagement | 3 |
| | | | **15** | | | **16** |
| **JUNIOR** | KINS 3000 | Global Health Issues | 3 | KINS 3300 | Biomechanics | 3 |
| | KINS 3100 | Exercise Physiology | 3 | KINS 4430 | Applied Motor Development | 3 |
| | KINS 3210 | Care & Prevention of Athletic Injury | 3 | KINS 4440 | Health Education & Promotion | 3 |
| | | Unrestricted Elective | 3 | PHED 1230 | First Aid/CPR | 1 |
| | | Unrestricted Elective | 3 | | Unrestricted Elective | 3 |
| | | | | | Unrestricted Elective | 3 |
| | | | **15** | | | **16** |
| **SENIOR** | KINS 4100W | Exercise & Sports Psychology | 3 | KINS 4460 | Exercise & Nutrition for Special Pops | 3 |
| | KINS 4200 | Exercise Prescription | 3 | KINS 4500 | Organization & Admin in Kinesiology | 3 |
| | KINS 4410 | Movement Experiences for Children | 3 | KINS 4600 | Kinesiology Internship | 3 |
| | PSYC 3625W | Research Methods | 3 | | Unrestricted Elective | 3 |
| | | Unrestricted Elective | 3 | | Unrestricted/PHED Elective | 1 |
| | | | **15** | | | **13** |

Note: Course offerings are subject to change. Please refer to the SU Catalog as the authoritative source for graduation requirements.

Last updated 10/28/2026