

KINESIOLOGY BACHELOR OF SCIENCE

Program Overview

Drake's pre-professional Kinesiology major offers an intensive focus in anatomy, physiology, and human movement. Courses are sequenced and proactively planned to prepare Drake students for success in physical therapy school, medical school, athletic training programs, graduate school in kinesiology/exercise science, or careers in community wellness.

B.S. Degree Requirements

The Bachelor of Science degree consists of 59 to 63 credit hours, depending upon options chosen. Required courses for the major have been organized into basic science and exercise science categories.

Code	Title	Hours
Basic Science Core		
BIO 012	GENERAL/PRE-PROFESSIONAL BIOLOGY I	3
BIO 012L	GENERAL/PRE-PROFESSIONAL BIOLOGY I LAB	1
BIO 013	GENERAL/PRE-PROFESSIONAL BIOLOGY II	3
BIO 013L	GENERAL/PRE-PROFESSIONAL BIOLOGY II LAB	1
CHEM 001	GENERAL CHEMISTRY I	3
CHEM 002	GENERAL CHEMISTRY II	3
CHEM 003	GENERAL CHEMISTRY I LAB	1
CHEM 004	GENERAL CHEMISTRY II LAB	1
PHY 011	GENERAL PHYSICS I	4
Math Elective		
Select one of the following:		3-7
MATH 050	CALCULUS I	
BIO 140	BIOLOGY RESEARCH AND STATISTICAL METHODS	
PSY 011 & PSY 013	INTRODUCTORY STATISTICS and RESEARCH METHODS	
Exercise Science Core		
BIO 031	KINESIOLOGY ORIENTATION	1
BIO 032	WELLNESS AND NUTRITION	3
BIO 129 & 129L	MAMMALIAN PHYSIOLOGY and MAMMALIAN PHYSIOLOGY LAB	5
BIO 133 & 133L	KINESIOLOGY and KINESIOLOGY LAB	4
BIO 134 & 134L	EXERCISE PHYSIOLOGY and EXERCISE PHYSIOLOGY LAB	4
BIO 136 & 136L	MOTOR CONTROL AND LEARNING and MOTOR CONTROL AND LEARNING LAB	4
BIO 139	KINESIOLOGY CAPSTONE	1
BIO 137 & 137L	MEDICAL AND SPORTS BIOMECHANICS and MEDICAL AND SPORTS BIOMECHANICS LAB	4
HSCI 107	SKELETAL MUSCLE STRUCTURE AND FUNCTION	3
Select one of the following:		4
BIO 018 & 018L	INTRODUCTION TO ANATOMY AND PHYSIOLOGY and ANATOMY AND PHYSIOLOGY LAB	
HSCI 141 & 141L	HUMAN ANATOMY and HUMAN ANATOMY LAB	

BIO 036 EXERCISE AND SPORT PSYCHOLOGY 3

Optional Exercise Science Courses ¹

EDUC 172	CARE AND PREVENTION OF ATHLETIC INJURY
HSCI 095	MEDICAL TERMINOLOGY
HSCI 148	EXERCISE TEST AND PRESCRIPTION

Recommended Courses for Pre-Medical Students ²

BIO 131 & 131L	BIOCHEMISTRY and BIOCHEMISTRY LAB
CHEM 097 & CHEM 098	ORGANIC CHEMISTRY I and ORGANIC CHEMISTRY I LAB
CHEM 108 & CHEM 110	ORGANIC CHEMISTRY II and ORGANIC CHEMISTRY II LAB
PHIL 090	ETHICS
PHY 012	GENERAL PHYSICS II
PSY 001	INTRODUCTION TO PSYCHOLOGY
SOC 001	INTRODUCTION TO SOCIOLOGY
BIO 140	BIOLOGY RESEARCH AND STATISTICAL METHODS

Select six credit hours in composition courses ³

Total Hours 59-63

¹ These courses support and enrich the major but do not fulfill any major requirements.

² These courses may help students meet admission requirements to medical schools and/or be more competitive when applying but do not fulfill any major requirements.

³ eg, ENG 040 TOPICS IN LITERARY HISTORY, ENG 090 READING AND WRITING DRAMA-ENG 094 BUSINESS & ADMIN WRITING

In addition to programmatic requirements, students are responsible for satisfying all requirements of the Drake Curriculum (<https://catalog.drake.edu/archive/2024-2025/undergraduate/academic-information/drake-curriculum/>), including Areas of Inquiry (AOI)

Student must also satisfy university graduation requirements (<https://catalog.drake.edu/archive/2024-2025/undergraduate/academic-information/graduation-requirements/>) for all undergraduate students..