

B.S. in Biokinetics (Exercise Science) Enhanced Academic Plan

B.S. in Biokinetics (Exercise Science) 2018-2019: Option 1 - CWILT

Recommended Courses				
Fall Semester 1	Interim Semester 1	Spring Semester 1	Career Planning and Preparation	R.E.A.L. Experience
BIO 104 & BIO 104D Human Biology and Human Biology Lab or BIO 120 & BIO 121 Introduction to Molecular and Cellular Biology and Introduction to Molecular and Cellular Biology Lab or BIO 122 & BIO 122D Introduction to Organismic Biology and Introduction to Organismic Biology Lab GES 130 Christianity Western Culture GES 160 Inquiry Seminar PSY 100 Introduction to Psychology	GES 125 Introduction to the Creative Arts	BIB 101 Introduction to the Bible GES 140 Introduction to Wellbeing HAS 120 First Aid HAS 130 Personal and Community Health HAS 170 Applied Nutrition	PHASE 1: EXPLORE <i>Explore self, careers, & God's call</i> Take a Career Assessment Research Careers: O'Net, Candid Careers, & informational interviews w/ Alums Gain Experience: Part-time job; Campus Involvement (e.g. student club); Volunteering	Create your R.E.A.L. Portfolio Consider joining Bethel University Student Athletic Training Society (BUSATS) or another club or ministry of interest Consider finding a mentor
14	4	13		
MILESTONES: Consider study abroad options				
Recommended Courses				
Fall Semester 2	Interim Semester 2	Spring Semester 2	Career Planning and Preparation	R.E.A.L. Experience
CHE 113 & CHE 113D General Chemistry I and General Chemistry I Lab BIO 214 & BIO 215 Human Anatomy and Human Anatomy Lab HAS 250M Statistics and Research Methods in Applied Health Sciences Leisure and Lifetime Sports (Q) course Second Language (S) course	THE 201 Christian Theology	BIO 216 & BIO 217 Human Physiology and Human Physiology Lab HAS 370 Functional Human Nutrition Contemporary Western Life and Thought (L) course World Cultures (U) course Elective	PHASE 1&2: EXPLORE/EXPERIENCE <i>Finalize major if necessary & begin gaining experience</i> Create/update Resume & LinkedIn Build professional network (e.g. informational interviews) Attend Spring Career Fair Obtain Internship or relevant job by summer	Continue adding artifacts and reflections to your R.E.A.L. Portfolio. Consider taking a leadership position with a student club. Consider going on a spring break mission trip.
16	3	16		
MILESTONES: Consider doing an online course over the summer				
Recommended Courses				
Fall Semester 3	Interim Semester 3	Spring Semester 3	Career Planning and Preparation	R.E.A.L. Experience
HAS 247 Motor Development and Learning HAS 379 Integrative Human Physiology HAS 440 Advanced Training for Human Performance Comparative Systems (G) course Cross-Cultural Experience (Z) course HAS 335*3 Clinical Experience in Athletic Training I	Elective	HAS 375 Biomechanics HAS 393 Literature Review in Biokinetics HAS 399 Physiological Assessment Interpreting Biblical Themes (J) course Artistic Experience (A) course Elective	PHASE 2: EXPERIENCE <i>Use experiences to narrow down career choice & develop relevant skills</i> Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class.
12-15	3	14-17		
MILESTONE: A minimum 3.2 GPA in your major is a good goal to strive for				
Recommended Courses				
Fall Semester 4	Interim Semester 4	Spring Semester 4	Career Planning and Preparation	R.E.A.L. Experience
HAS 445 Advanced Laboratory Techniques in Biokinetics HAS 450 Physiology and Interventions in Disabilities and Chronic Disease HAS 494 Biokinetics Research Science, Technology, and Society (K) course Electives	Interim Off	HAS 481 Internship in Human Kinetics and Applied Health Science HAS 495 Biokinetics Symposium Contemporary Christian Issues (P) course Electives	PHASE 3: EXECUTE <i>Execute an effective job or grad school search</i> Participate in Fall and Spring Recruiting Apply for Graduate School if necessary Expand Professional Network	Continue updating your public R.E.A.L. Portfolio with relevant experiences and reflection. Consider mentoring an underclassman.
14	0	13		
Total Credits: 122-128				
1. Students must complete through the second semester of a first year language course or equivalent (Check the catalog for details of this option.)				
This program assumes a student will use the CHE 113CHE 113D and HAS 250M to meet the general education Laboratory Science and Mathematics requirements.				
Most financial aid packages stipulate 12 credits/semester; Minnesota state grants are reduced when credit load falls below 15 credits/semester. (Interim credits may be split between fall and spring for state grant purposes only.)				

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B.S. in Biokinetics (Exercise Science) 2018-2019: Option 2 - Humanities

Recommended Courses					Career Planning and Preparation		R.E.A.L. Experience		
Fall Semester 1		Interim Semester 1		Spring Semester 1					
BIO 104 & BIO 104D Human Biology and Human Biology Lab or	GES 147 Humanities II: Renaissance and Reformation			BIB 101 Introduction to the Bible	PHASE 1: EXPLORE				Create your R.E.A.L. Portfolio Consider joining Bethel University Student Athletic Training Society (BUSATS) or another club or ministry of interest
				GES 140 Introduction to Wellbeing	<i>Explore self, careers, & God's call</i>				
BIO 120 & BIO 121 Introduction to Molecular and Cellular Biology and Introduction to Molecular and Cellular Biology Lab or				GES 244 Humanities III: European Enlightenment and American Culture to 1877	Take a Career Assessment				Consider finding a mentor
				HAS 170 Applied Nutrition	Research Careers: O*Net, Candid Careers, & informational interviews w/ Alums Gain Experience: Part-time job; Campus Involvement (e.g. student club); Volunteering				
BIO 122 & BIO 122D Introduction to Organismic Biology and Introduction to Organismic Biology Lab PSY 100 Introduction to Psychology HAS 130 Personal and Community Health GES 145 Humanities I: Greco-Roman through Middle Ages									
14				4					13
MILESTONES: Consider study abroad options									
Recommended Courses					Career Planning and Preparation		R.E.A.L. Experience		
Fall Semester 2		Interim Semester 2		Spring Semester 2					
CHE 113 & CHE 113D General Chemistry I and General Chemistry I Lab BIO 214 & BIO 215 Human Anatomy and Human Anatomy Lab HAS 250M Statistics and Research Methods in Applied Health Sciences GES 246 Humanities IV: Modern and Contemporary Western Culture	World Cultures (U) course			BIO 216 & BIO 217 Human Physiology and Human Physiology Lab HAS 247 Motor Development and Learning	PHASE 1&2: EXPLORE/EXPERIENCE				Continue adding artifacts and reflections to your R.E.A.L. Portfolio. Consider taking a leadership position with a student club.
				HAS 120 First Aid	<i>Finalize major if necessary & begin gaining experience</i>				
				HAS 370 Functional Human Nutrition	Create/update Resume & LinkedIn				Consider going on a spring break mission trip.
				Leisure and Lifetime Sports (Q) course Elective	Build professional network (e.g. informational interviews) Attend Spring Career Fair Obtain Internship or relevant job by summer				
15				3					15
MILESTONES: Consider doing an online course over the summer									
Recommended Courses					Career Planning and Preparation		R.E.A.L. Experience		
Fall Semester 3		Interim Semester 3		Spring Semester 3					
HAS 379 Integrative Human Physiology	Elective			HAS 375 Biomechanics	PHASE 2: EXPERIENCE				Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad.
HAS 440 Advanced Training for Human Performance				HAS 393 Literature Review in Biokinetics	<i>Use experiences to narrow down career choice & develop relevant skills</i>				
Comparative Systems (G) course				HAS 399 Physiological Assessment	Participate in Fall & Spring Recruiting to obtain an internship				Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class.
Second Language (S) course				Interpreting Biblical Themes (J) course	Schedule a Mock Interview				
Elective				Artistic Experience (A) course	Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary				
				Elective	Expand Professional Network				
16				3					13-16
MILESTONE: A minimum 3.2 GPA in your major is a good goal to strive for									
Recommended Courses					Career Planning and Preparation		R.E.A.L. Experience		
Fall Semester 4		Interim Semester 4		Spring Semester 4					
HAS 445 Advanced Laboratory Techniques in Biokinetics	Interim Off			HAS 481 Internship in Human Kinetics and Applied Health Science HAS 495 Biokinetics Symposium	PHASE 3: EXECUTE				Continue updating your public R.E.A.L. Portfolio with relevant experiences and reflection. Consider mentoring an underclassman.
HAS 450 Physiology and Interventions in Disabilities and Chronic Disease HAS 494 Biokinetics Research Science, Technology, and Society (K) course Electives				Contemporary Christian Issues (P) course Electives	<i>Execute an effective job or grad school search</i>				
Cross-Cultural Experience (Z) course					Participate in Fall and Spring Recruiting Apply for Graduate School if necessary Expand Professional Network				
13-16				0					13
Total Credits: 122-128									

1. Students must complete through the second semester of a first year language course or equivalent (Check the catalog for details of this option.)

This program assumes a student will use the CHE 113CHE 113D and HAS 250M to meet the general education Laboratory Science and Mathematics requirements.

Most financial aid packages stipulate 12 credits/semester; Minnesota state grants are reduced when credit load falls below 15 credits/semester. (Interim credits may be split between fall and spring for state grant purposes only.)