

**KINESIOLOGY AND HEALTH B.S. DEGREE
EXERCISE SCIENCE
2023-2024 SAMPLE FOUR-YEAR PLAN**

Semester 1 - Freshman Year	Credit
ENGL 150-Critical Thinking & Communication	3
H S 110-Personal & Consumer Health	3
KIN 252-Intro to the Discipline of Kinesiology	1
KIN 253-Orientation & Learning Community	1
LIB 160-Intro to College Level Research	1
PSYCH 101-Introduction to Psychology or PSYCH 230-Developmental Psychology	3
Humanities/International Perspectives	3
Total	15

Semester 2 - Freshman Year	Credit
FS HN 167-Intro to Human Nutrition & Health	3
KIN 258-Principles of Physical Fitness & Cond	2
MATH 140-College Algebra, MATH 143-Prep for Calculus, MATH 145-Applied Trigonometry or MATH 165-Calculus I	3-4
SOC 134-Introduction to Sociology	3
SP CM 212-Fundamentals of Public Speaking	3
Electives	2
Total	16-17

Semester 3 - Sophomore Year	Credit
BIOL 255-Fundamentals of Human Anatomy*	3
BIOL 255L-Fund of Human Anatomy Lab*	1
ENGL 250-Written, Oral, Visual & Elect Comp	3
KIN 259-Leadership Tech for Fitness Programs	3
KIN 285-Pre-Internship in Kinesiology & Health	1-2
Electives	2
Social Science Choice	3
Total	16-17

Semester 4 - Sophomore Year	Credit
BIOL 256-Fundamentals of Human Physiology**	3
BIOL 256L-Fund of Human Physiology Lab**	1
KIN 266-Advanced Strength Training & Cond	2
STAT 101-Principles of Statistics or STAT 104-Introduction to Statistics	3-4
Electives	3
Humanities Choice	3
Total	15-16

Semester 5 - Junior Year	Credit
A TR 220-Basic Athletic Training or H S 305-Inst 1st Aid & Cardio Resuscitation	2
H S 350-Human Diseases	3
KIN 358-Exercise Physiology	3
KIN 359-Exercise Physiology Lab	1
KIN 372-Motor Control & Learning	3
PHYS 115-Physics for the Life Sciences	4
Total	16

Semester 6 - Junior Year	Credit
H S 380-Worksite Health Promotion**	3
KIN 345-Mgmt of Health-Fitness Prog & Fac	3
KIN 355-Biomechanics	3
KIN 366-Exercise Psychology	3
KIN 385-Prep & Search Strat for KIN H Internships	.5
Electives	5
Total	17.5

Semester 7 - Senior Year	Credit
ENGL 302, 314-Business/Technical Comm or SP CM 312-Business & Professional Speaking	3
KIN 458-Princ of Fitness Assess & Exercise Pres	4
KIN 459-Internship in Exercise Leadership	1
KIN 462-Medical Aspects of Exercise	3
KIN 373-Biomechanics & Motor Control Lab	1
KIN 480-Functional Anatomy	3
Total	15

Semester 8 - Senior Year	Credit
KIN 485A-Internship in Exercise Science	8-12
Total	8-12

* Fall Only Course

**Spring Only Course

Students must complete a 3 credit U.S. Diversity course and a 3 credit International Perspectives course. Students must also complete a minimum of 46 credits in 300-400 classes and a total of 124 credits to graduate. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a sample plan, always use the degree audit as the official documentation of progress toward a degree.