

**KINESIOLOGY AND HEALTH B.S. DEGREE
EXERCISE SCIENCE
2024-2025 SAMPLE FOUR-YEAR PLAN**

Semester 1 - Freshman Year	Credit
ENGL 1500-Critical Thinking & Communication	3
H S 1100-Personal & Consumer Health	3
KIN 2520-Intro to the Discipline of Kinesiology	1
KIN 2530-Orientation & Learning Community	1
LIB 1600-Intro to College Level Research	1
PSYCH 1010-Introduction to Psychology or PSYCH 2300-Developmental Psychology	3
Humanities/International Perspectives	3
Total	15

Semester 2 - Freshman Year	Credit
FS HN 1670-Intro to Human Nutrition & Health	3
KIN 2580-Principles of Physical Fitness & Cond	2
MATH 1400-College Algebra, MATH 1430-Prep for Calculus, MATH 145-Applied Trigonometry or MATH 1650-Calculus I	3-4
SOC 1340-Introduction to Sociology	3
SP CM 2120-Fundamentals of Public Speaking	3
Electives	2
Total	16-17

Semester 3 - Sophomore Year	Credit
BIOL 2550-Fundamentals of Human Anatomy*	3
BIOL 2550L-Fund of Human Anatomy Lab*	1
ENGL 2500-Written, Oral, Visual & Elect Comp	3
KIN 2590-Leadership Tech for Fitness Programs	3
KIN 2850-Pre-Internship in Kinesiology & Health	1-2
Electives	2
Social Science Choice	3
Total	16-17

Semester 4 - Sophomore Year	Credit
BIOL 2560-Fundamentals of Human Physiology**	3
BIOL 2560L-Fund of Human Physiology Lab**	1
KIN 2660-Advanced Strength Training & Cond	2
STAT 1010-Principles of Statistics or STAT 1040-Introduction to Statistics	3-4
Electives	3
Humanities/U.S. Cultures and Communities (formerly U.S. Diversity)	3
Total	15-16

Semester 5 - Junior Year	Credit
A TR 2200-Basic Athletic Training or H S 3050-Inst 1st Aid & Cardio Resuscitation	2
H S 3500-Human Diseases	3
KIN 3580-Exercise Physiology	3
KIN 3590-Exercise Physiology Lab	1
KIN 3720-Motor Control & Learning	3
PHYS 1150-Physics for the Life Sciences	4
Total	16

Semester 6 - Junior Year	Credit
H S 3800-Worksite Health Promotion**	3
KIN 3450-Mgmt of Health-Fitness Prog & Fac	3
KIN 3550-Biomechanics	3
KIN 3660-Exercise Psychology	3
KIN 3850-Prep & Search Strat for KIN H Internship	.5
Electives	5
Total	17.5

Semester 7 - Senior Year	Credit
ENGL 3020, 3140-Business/Technical Comm or SP CM 3120-Business & Professional Speaking	3
KIN 4580-Princ of Fitness Assess & Exercise Pres	4
KIN 4590-Internship in Exercise Leadership	1
KIN 4620-Medical Aspects of Exercise	3
KIN 3730-Biomechanics & Motor Control Lab	1
KIN 4800-Functional Anatomy	3
Total	15

Semester 8 - Senior Year	Credit
KIN 4850A-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 3000-4000 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.