

**KINESIOLOGY AND HEALTH B.S. DEGREE
PRE-HEALTH PROFESSIONS - OPTOMETRY
2024-2025 SAMPLE FOUR-YEAR PLAN**

Semester 1 - Freshman Year	Credit
BIOL 2110-Principles of Biology I	3
BIOL 2110L-Principles of Biology Lab I	1
CHEM 1770-General Chemistry I	4
CHEM 1770L-Lab in General Chemistry I	1
ENGL 1500-Critical Thinking & Communication	3
KIN 2520-Intro to the Discipline of Kinesiology	1
KIN 2530-Orientation & Learning Community	1
LIB 1600-Intro to College Level Research	1
Total	15

Semester 2 - Freshman Year	Credit
BIOL 2120-Principles of Biology II	3
BIOL 2120L-Principles of Biology Lab II	1
CHEM 1780-General Chemistry II	3
CHEM 1780L-Lab in College Chemistry II	1
H S 1100-Personal & Consumer Health	3
MATH 1650-Calculus I	4
Total	15

Semester 3 - Sophomore Year	Credit
BIOL 2550-Fundamentals of Human Anatomy*	3
BIOL 2550L-Fund of Human Anatomy Lab*	1
CHEM 3310-Organic Chemistry I	3
CHEM 3310L-Lab in Organic Chemistry I	1
ENGL 2500-Written, Oral, Visual & Elect Comp	3
KIN 2420-Planning for Success in a Health Career	.5
KIN 2580-Principles of Physical Fitness & Cond	2
PSYCH 1010-Introduction to Psychology or PSYCH 2300-Developmental Psychology	3
Total	16.5

Semester 4 - Sophomore Year	Credit
BIOL 2560-Fundamentals of Human Physiology**	3
BIOL 2560L-Fund of Human Physiology Lab**	1
CHEM 3320-Organic Chemistry II	3
CHEM 3320L-Lab in Organic Chemistry II	1
SOC 1340-Introduction to Sociology	3
Elective	1
Humanities/U.S. Cultures and Communities (formerly U.S. Diversity)	3
Total	15

Semester 5 - Junior Year	Credit
BBMB 4040-Biochemistry I	3
KIN 3660-Exercise Psychology or KIN 3650-Sport Psychology	3
KIN 3720-Motor Control & Learning	3
PHYS 1310-General Physics I	4
PHYS 1310L-General Physics I Lab	1
SP CM 2120-Fundamentals of Public Speaking	3
Total	17

Semester 6 - Junior Year	Credit
H S 3500-Human Diseases	3
KIN 3550-Biomechanics	3
PHYS 1320-General Physics II	4
PHYS 1320L-General Physics II Lab	1
STAT 1010-Principles of Statistics or STAT 1040-Introduction to Statistics	3-4
Electives (3000+ Level Courses)	3
Total	17-18

Semester 7 - Senior Year	Credit
ENGL 3020, 3140-Business/Technical Comm or SP CM 3120-Business & Professional Speaking	3
KIN 3580-Exercise Physiology	3
KIN 3590-Exercise Physiology Lab	1
KIN 3730-Biomechanics & Motor Control Lab	1
Humanities/International Perspectives	3
Social Science Choice	3
Total	14

Semester 8 - Senior Year	Credit
KIN 4000 Level Courses ⁺	9
MICRO 2010-Introduction to Microbiology or MICRO 3020-Biology of Microorganisms	2-3
MICRO 2010L-Introductory Microbiology Lab or MICRO 3020L-Microbiology Laboratory	1
Electives (3000+ Level Courses)	3
Total	15-16

* Fall Only Course

**Spring Only Course

⁺KIN 4000 Level Course Choices (9 cr): KIN 4580, 4620, 4660**, 4670, 4720, 4730**, 4800, H S 4640

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.