



Bachelor of Science in Kinesiology: For Students Admitted to the Major in Fall 2024 or Later

University Common Requirements (UCORE)		
<u>FIRST-YEAR EXPERIENCE:</u>		
<input type="checkbox"/>	(3)	HIST 105 Roots of Contemporary Issues (ROOT)
<u>FOUNDATIONAL COMPETENCIES:</u>		
<input type="checkbox"/>	(4)	STAT 212 Quantitative Reasoning
<input type="checkbox"/>	(3)	_____ Communication or Written Communication
<input type="checkbox"/>	(3)	_____ Written Communication
<u>WAYS OF KNOWING: Inquiry Courses</u>		
<input type="checkbox"/>	(3)	PSYCH 105 Social Sciences
<input type="checkbox"/>	(3)	KINES 201 Humanities
<input type="checkbox"/>	(4)	BIOL 102/106/107
<input type="checkbox"/>	(3)	BIOL 140
<input type="checkbox"/>	(4)	CHEM 101 or 105
		} Natural Sciences
(6) Select a course from two of these three categories:		
<input type="checkbox"/>	Arts _____	<input type="checkbox"/>
<input type="checkbox"/>	Diversity _____	<input type="checkbox"/>
<input type="checkbox"/>	Equity & Justice _____	
<u>INTEGRATIVE AND APPLIED LEARNING:</u>		
<input type="checkbox"/>	(3)	KINES 484 Integrative Capstone

Kinesiology Requirements		
<input type="checkbox"/>	(1)	KINES 138 Introduction to Kinesiology
<input type="checkbox"/>	(3)	KINES 162 Foundations of Physics for Sport and Exercise OR (4) PHYS 101 General Physics with 111 Lab
<input type="checkbox"/>	(3)	KINES 199 Human Motor Development (Prereq: ≥ 40 Aleks or Math 103+)
<input type="checkbox"/>	(3)	KINES 201 Exploring Meaning in Sport and Movement
<input type="checkbox"/>	(3)	KINES 261 Health and Wellness
<input type="checkbox"/>	(4)	KINES 262 Human Anatomy (Prereq: ≥ 40 Aleks or Math 103+)
<input type="checkbox"/>	(3)	KINES 264 Fitness Concepts (Prereq: KINES 262)
<input type="checkbox"/>	(3)	KINES 266 Prevention and Management of Activity-Related Injuries (Prereq: KINES 262)
*	<input type="checkbox"/>	(3) KINES 311 Strength Training (Prereq: KINES 262, 264)
*	<input type="checkbox"/>	(3) KINES 312 Research & Assessment in Kinesiology [M] (Prereq: STAT 212 or PSYCH 311)
*	<input type="checkbox"/>	(3) KINES 313 Psychological Aspects of Physical Movement (Prereq: PSYCH 105 or SOC 101)
*	<input type="checkbox"/>	(3) KINES 362 Qualitative Biomechanics (Prereq: KINES 162 or PHYS 101, KINES 262)
*	<input type="checkbox"/>	(3) KINES 380 Introduction to Exercise Physiology (Prereq BIOL 251)
*	<input type="checkbox"/>	(1-4) KINES 390 Kinesiology Practicum or Research (Prerequisite: KINES 264)
*	<input type="checkbox"/>	(3) KINES 461 Motor Learning and Control [M] (Prereq: BIOL 251, KINES 262; Writing Portfolio)
*	<input type="checkbox"/>	(3) KINES 484 Exercise Prescription and Medical Conditions [CAPS] (Prereq: BIOL 251, KINES 262)
*	<input type="checkbox"/>	(10-12) KINES 485 *** Kinesiology Internship (Prerequisite:> See *** below)
<input type="checkbox"/>	(4)	BIOL 251 Intro to Human Physiology (Prereq: Biology 102, 106 or 107) Fall/Summer Only
<input type="checkbox"/>	(3)	SOC 245 Sociology of Sport

* Students must be admitted to Kinesiology to enroll in these courses
 *** Must have a C or better in all Kinesiology major courses, have completed all UCORE courses and cannot be taken concurrently with any other coursework

Additional Graduation Requirements	
<input type="checkbox"/>	Writing Portfolio (complete during second year)
<input type="checkbox"/>	Writing in the Major Courses [M] (KINES 312 & 461)
<input type="checkbox"/>	40 credits of 300 & 400 level courses

Cognate Courses (6) (See reverse for additional information)	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Students can choose cognate courses to track toward pre-Med, pre-PT, pre-PA & pre-OT
 Cognates can also be used to pursue a minor or prepare for a masters degree

Cognate Courses (Students must complete 6 Courses)

NOTE: The intent of the cognates is to provide flexibility in course options for students that still keeps their plan of study focused by requiring the courses to still be connected to kinesiology or a future kinesiology career. This is **NOT** an inclusive list of courses. Students should consult with a Kinesiology advisor to select cognate courses that meet their individual needs.

<input type="checkbox"/> (2) BIOL 220 Medical Terminology *	<input type="checkbox"/> (3) HD 306 Child Development	<input type="checkbox"/> (4) MBIOS 303 Introductory Biochemistry *
<input type="checkbox"/> (4) BIOL 315 Gross & Microanatomy *	<input type="checkbox"/> (3) HD 307 Middle Childhood/Adolescent Development	<input type="checkbox"/> (4) MBIOS 305 General Microbiology *
<input type="checkbox"/> (2) BIOL 490 Professional Seminar in Physical Therapy	<input type="checkbox"/> (3) HD 308 Adult Development	<input type="checkbox"/> (3) PHIL 365 Biomedical Ethics
<input type="checkbox"/> (3) CES 308 Cultural Politics of Sport	<input type="checkbox"/> (3) HD 405 Gerontology	<input type="checkbox"/> (4) PHYS 102/112 General Physics with lab *
<input type="checkbox"/> (4) CHEM 102 Chemistry Related to Life Sciences (if taken 101) *	<input type="checkbox"/> (3) KINES 305 Nutrition Related to Fitness and Sport	<input type="checkbox"/> (3) PSYCH 230 Human Sexuality
<input type="checkbox"/> (4) CHEM 106 Principles of Chemistry II (if taken 105) *	<input type="checkbox"/> (3) KINES 411 Advanced Strength Training	<input type="checkbox"/> (3) PSYCH 320 Health Psychology
<input type="checkbox"/> (4) CHEM 345 Organic Chemistry I *	<input type="checkbox"/> (3) MATH 106 College Algebra	<input type="checkbox"/> (3) PSYCH 333 Abnormal Psychology *
<input type="checkbox"/> (4) CHEM 348 Organic Chemistry II *	<input type="checkbox"/> (2) MATH 108 Trigonometry	<input type="checkbox"/> (3) PSYCH 350 Social Psychology
<input type="checkbox"/> (3) COM 225 Sports and the Media	<input type="checkbox"/> (4) MATH 171 Calculus *	<input type="checkbox"/> (3) PSYCH 361 Developmental Psychology *
<input type="checkbox"/> (3) HD 101 Human Development Across the Lifespan *	<input type="checkbox"/> (4) MBIOS 101 Introductory Microbiology	<input type="checkbox"/> (3) PSYCH 470 Motivation
<input type="checkbox"/> (3) HD 220 Human Development Theories	<input type="checkbox"/> (4) MBIOS 301 General Genetics *	<input type="checkbox"/> (3) SOC 101 Introduction to Sociology

* Potential prerequisite for professional school (Medical, Physical Therapy, Physician Assistant, Occupational Therapy). This is **not** inclusive as schools have different prerequisites. Applicants seeking admission to professional school should also meet with a specialist in the Health Professions Student Center (335- 4549), contact the specific institution and utilize online resources that are available.

Suggested Arrangement of Courses:

CR	Fall 1 st Year	Prerequisite	CR	Spring 1 st Year	Prerequisite
3	BIOL 140		3	Communication or Written Communication	
3	ENGL 101 (Written Communication)		4	KINES 262	≥ 40 Aleks or Math 103+
3	PSYCH 105		3	KINES 201	
1	KINES 138		3	HIST 105	
3	KINES 199	≥ 40 Aleks or Math 103+	4	STAT 212	≥ 45 Aleks or Math 103+
3	UCORE Inquiry (Must complete 2 of these 3 UCORE categories: ARTS, DIVR, EQJS)				
16			17		
CR	Fall 2 nd Year	Prerequisite	CR	Spring 2 nd Year	Prerequisite
3	UCORE Inquiry (Must complete 2 of these 3 UCORE categories: ARTS, DIVR, EQJS)		3	KINES 162	≥ 40 Aleks or Math 103+
4	BIOL 102/106/107	BIOL 107 = CHEM (completed or concurrent)	4	CHEM 101 or 105	101 = Math 103+; 105 = Math 106+
3	KINES 264	KINES 262	3	SOC 245	
3	KINES 266	KINES 262	3	KINES 311	KINES 262 & 264
3	KINES 261		3	Cognate Course	
16			16		
CR	Fall 3 rd Year	Prerequisite	CR	Spring 3 rd Year	Prerequisite
3	Cognate Course		3	Cognate Course	
4	BIOL 251	BIOL 102, 106 or 107	3	KINES 313	PSYCH 105 or SOC 101
3	Cognate Course		3	Cognate Course	
3	KINES 312	STAT 212 or PSYCH 311	3	KINES 380	BIOL 251
3	KINES 362	KINES 162 & 262	1	KINES 390	KINES 264
			1-3	Elective	
16			14-16		
CR	Fall 4 th Year	Prerequisite	CR	Spring 4 th Year	Prerequisite
3-4	Elective		10-12	KINES 485	C or better all course work for the Kinesiology major
3	KINES 461	KINES 262, BIOL 251 & Writing Portfolio			Completion of all UCORE requirements
3	KINES 484	KINES 262 & BIOL 251			Cannot be taken concurrently with other coursework
3	Cognate Course				
12-13			10-12		