

College of Education and Psychology

2015-2016 Kinesiology - Exercise Science Degree Plan

FIRST YEAR - FRESHMAN

<u>Fall Semester</u>	<u>Spring Semester</u>
BIOL 1-14 * Life Science** (<i>BIOL 1314 recommended</i>)	---3 * Humanities-Western Civilization**
ENG 1113 * Freshman Composition I	1-14 * Phys Science** (<i>CHEM 1114 recommended</i>)
HIST 24-3 * United States History Survey**	ENG 1213 * Freshman Composition II
KIN 2122 * Choices in Wellness	KIN 1962 Introduction to Kinesiology
MATH 1-13 * Math** (<i>MATH 1513 recommended</i>)	KIN 2272 First Aid
UNIV 1001 * Freshman Seminar	

16 TOTAL HOURS

14 TOTAL HOURS

SECOND YEAR - SOPHOMORE

<u>Fall Semester</u>	<u>Spring Semester</u>
---3 * Communication**(Speech or Language)	---3 * Communication** (Computer Literacy)
---3 * Humanities-Cultural/Human Diversity	---3 * Humanities & Social Sciences**
KIN 2252 Skills & Techniques in Individual Sports	KIN 2332 Skills/Techniques:Movement Explore/Fitness
KIN 2262 Skills & Techniques in Team Sports	KIN 2713 Care & Prevention of Athletic Injuries
KIN 2413 Applied Anatomy	KIN 3612 Motor Learning
PS 1113 * United States Government	PSYCH 1113 * General Psychology

16 TOTAL HOURS

16 TOTAL HOURS

THIRD YEAR - JUNIOR

<u>Fall Semester</u>	<u>Spring Semester</u>
---6 Minor (6 hours)***	---3 Minor (3 hours)***
---3 Elective (3 hours)***	Choose one ---3 BIOL 3634; FCS 1513; KIN 3233 or 3623
KIN 2222 Sports Nutrition	KIN 2532 Aquatic Skills and Programming
KIN 3352 Research and Evaluation of Kinesiology	KIN 3733 Physiology of Exercise
KIN 3723 Biomechanics	KIN 4223 Strength and Conditioning
UNIV 3001 * General Education Seminar	KIN 4593 Psychology of Sports

17 TOTAL HOURS

17 TOTAL HOURS

FOURTH YEAR - SENIOR

<u>Fall Semester</u>	<u>Spring Semester</u>
---6 Minor (6 hours)***	---6 Minor (6 hours)***
---3 Elective (3 hours)****	---4 Elective (4 hours)****
KIN 4153 Organization and Administration	KIN 4283 Practicum
KIN 4623 Exercise Testing & Prescription	

15 TOTAL HOURS

13 TOTAL HOURS

TOTAL DEGREE PLAN HOURS 124

*General Education Requirement
 ***Minor Required (16-21 hours)

**See current catalog "General Education Requirements" for selection
 ****Electives Required (9-15 hours), **MUST BE ALL UPPER LEVEL**