

# College of Education and Psychology

## 2014-2015 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 4593
KIN 2222 Sports Nutrition	HRPSY 3253 Psychology of Aging
KIN 3352 Research and Evaluation of Kinesiology	KIN 2532 Aquatic Skills and Programming
KIN 3723 Biomechanics	KIN 3733 Physiology of Exercise
UNIV 3001 * General Education Seminar	KIN 4223 Strength and Conditioning

**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**