EAST CENTRAL UNIVERSITY
COLLEGE OF EDUCATION AND PSYCHOLOGY
KINESIOLOGY (BS) - 0202
4-YEAR PLAN
2026-2027 CATALOG YEAR

FIRST YEAR- FRESHMAN (32-HRS)

Fall Semester

BIOL	1114 *	Gen Biology *(Recommended)*
ENG	1113 *	Freshman Composition I
HUM	2113 *	General Hum I *(Recommended)*
KIN	2122 *	Choices in Wellness
MATH	1513 *	College Algebra *(Recommended)*
UNIV	1001 *	Freshman Seminar

16 TOTAL HOURS

Spring Semester

CHEM	1114 *	Gen Chemistry I *(Recommended)*
ENG	1213 *	Freshman Composition II
HUM	2123 *	General Hum II *(Recommended)*
PS	1113 *	United States Government
PSYCH	1113 *	General Psychology *(Recommended)*

16 TOTAL HOURS

SECOND YEAR-SOPHOMORE (30-HRS)

Fall Semester

FIN	1113 *	Financial Literacy
HIST	24x3 *	United States History Survey
KIN	1963	Introduction of Kinesiology
KIN	2183 *	Basic Nutrition *(Recommended)*
KIN	2413	Applied Anatomy

15 TOTAL HOURS

Spring Semester

KIN	2223	Sports Nutrition
KIN	2273	First Aid
KIN	2433	Theory of Coaching
KIN	2713	Care and Prevention of Ath Injuries
	xxx3	Elective

15 TOTAL HOURS

THIRD YEAR - JUNIOR (30-HRS)

Fall Semester

KIN	3103	Technology in Kinesiology
KIN	3303	Fundamentals of Sports Admin
KIN	3563	Health Promotion
KIN	3613	Motor Learning
KIN	3883	Legal Aspects of Kinesiology

15 TOTAL HOURS

Spring Semester

KIN	3233	Adapted Physical Education
KIN	3353	Research and Evaluation of Kin
KIN	3723	Biomechanics
	xxx3	Elective
	xxx3	Elective

15 TOTAL HOURS

FOURTH YEAR - SENIOR (28-HRS)

Fall Semester

KIN	3733	Physiology of Exercise
KIN	4223	Strength and Conditioning
KIN	4593	Psychology of Sports
	xxx3	Elective
	xxx3	Elective

15 TOTAL HOURS

Spring Semester

KIN	4153	Organization and Administration
KIN	4284	Practicum
KIN	4623	Exercise Testing and Prescription
	xxx3	Elective

13 TOTAL HOURS

Legend: **General Education Requirements*