

Kinesiology B.S. Checkpoint Chart - General

			First Year		Second Year		Third Year		Fourth Year	
			Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
Lib Eds										
Incomplete	ASAP									
Pre-Requisites										
Biology	ASAP	Biol 1009, 1001, 1009H; FSCN 1021; Pstl 1131, 1135	X							
Chemistry	ASAP	Chem 1015+1017, 1021, 1011, 1022, 1031H, 1032H				X				
Physics	ASAP	Phys 1101W, 1201W, 1301W 1401V		X						
Survey of Kinesiology	ASAP	Kin 1871		X						
Human Anatomy	ASAP	Kin 3027, 3111; Anata 3001, 3601, 3611				X				
General Requirements										
Psychology	Before KIN 3126	Pstl 1281, Psy 1001		X						
Speech Performance	Anytime	Comm 1101, 1101H, 1313W; Pstl 1461		X						
Statistics/Math	Before KIN 3151	Epsy 3264; Pstl 1004; Stat 1001, 3011; Math 1031, 1051, 1271			X					
Core Requirements										
Intro to Biomechanics	After Physics & Anat	Kin 3112						X		
History and Philosophy of Sport	Anytime	Kin 3131W								
Motor Development	Anytime	Kin 3132, 4132				X				
Motor Control and Learning	Anytime	Kin 3135, 4135					X			
Measurement and Evaluation	After Stats/Math	Kin 3151						X		
Understanding Kin Research		Kin 4981							X	
Sport in a Diverse Society	Anytime	Sgmt 3501				X				
Sport and Exercise Psychology	After Psych	Kin 3126W					X			
Human Physiology	After Anat	Kin 3385 or Phsl 3051					X			
Exercise Physiology	After Anat & Human Phys	Kin 4385							X	
Physical Education Requirement										
5 Physical Education Credits	Anytime	1 dance/posture/aquatics, 1 team/individual sport, 1 conditioning/weight training								
Field Experience Requirement										
6 Field Experience Credits	Last 3 semesters	Kin 3696, 3993, 5691								
Sub-Plan Requirement										
17 credits required from subplan. Minimum 9 cr. KIN 1xxx-5xxx selected from subplan	As soon as they meet pre-reqs									
Certifications										
CPR										X
First Aid										X
Other:										

Program Planning Form - B.S. Kinesiology (Revised for Fall 09)

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Graduation Requirements

- CPR/First Aid certified at the time of degree clearance
- C- or better in all KIN classes and Psychology
- 2.00 minimum Grade Point Average
- Minimum 120 credits, 30 credits while in the major
- Completion of Gen/Lib Education and writing requirements
- Completion of all Kinesiology major and pre-admission requirements

Name	Student ID	Sub-Plan
Telephone Number	Email Address	Semester and Year Admitted into Major

Pre-Admission Requirement

Subcategories	Prefix	Course	Class Title	Credits	Term Offered	Year	Grade
Biology w/Lab							
Chemistry w/Lab							
Physics w/Lab							
Introduction to Kinesiology	KIN	1871	Introduction to Kinesiology				
Human Anatomy							
Total Credits: 17-19							

General Requirement

Subcategories	Prefix	Course	Class Title	Credits	Term Offered	Year	Grade
Psychology							
Speech Performance							
Statistics or Math							

Core Requirement

Prefix	Course #	Class Title	Credits	Term Offered	Year	Grade
Kin	3112	Introduction to Biomechanics	4	F SP		
Kin	3126W	Sport and Exercise Psychology	3	F SP		
Kin	3131W	History and Philosophy of Sport	3	F SP		
Kin	3132	Motor Development	3	F SP		
Kin	3135	Motor Control and Learning	3	F SP		
Kin	3151	Measurement and Evaluation in Kinesiology	3	F SP		
Kin	4981	Understanding Kinesiology Research	3	F SP		
Kin	3385	Human Physiology for Kinesiology Students	4	F SP		
Kin	4385	Exercise Physiology	4	F SP		
Sngt	3501	Sport in a Diverse Society	3	F SP		
Total Credits: 33						

Degree Clearance

Students must submit a copy of their current CPR and First Aid certifications, an updated/clean version of this program form and a current APAS report to their faculty adviser for review and consideration at least one semester prior to degree clearance. Once the faculty adviser reviews and approves the information, they will forward this information on to the program adviser for further processing.

Student Signature/Date	Student - Term/Year degree clearance requested
Faculty Adviser	Student Progress Committee Representative/Date

Program Planning Form – B.S. Kinesiology

PE Course Requirement

Take five (5) credits of physical education, including at least one (1) course from each of the three (3) following categories

Prefix	Course #	Class Title	Credits	Term Offered	Year	Grade
		Aquatics/Dance Posture:				
		Conditioning/Weight Training:				
		Individual Sports/Team Sport:				
Total Credits: 5						

Field Experience Requirement

Six (6) credits of Field experience is required. Any credit combo of the following courses is acceptable. Students should have three different experiences.

Prefix	Course #	Class Title	Credits	Term Offered	Year	Grade
KIN	3696	Supervised Practical Experience		F SP SU		
KIN	3993	Directed Study		F SP SU		
KIN	5691	Coaching Minor/Certificate: Coaching Experience		F SP SU		
Total Credits: 6						

Subplan Requirement

See subplan description for details

SUBPLAN _____

Prefix	Course #	Class Title	Credits	Semester	Year	Grade
KIN						
KIN						
KIN						
Total Credits: 17						

Graduation Requirements

After the requirements listed below are completed, students should fill out the form below, initial, and date each of the categories.

Gen/Lib Eds Complete		Pre-Admission Requirements Complete	Minimum 2.00 GPA on final APAS
Kinesiology Requirements Complete		Minimum 120 Credits Complete	Minimum 30 credits as CEHD major
CPR Certification Expiration Date		First Aid Certification Expiration Date	
Minor	Second Major	Terms/Year Study Abroad	

Sub-plan Requirement

Clinical Movement Science Sub-Plan

The School of Kinesiology offers a comprehensive sub-plan called **Clinical Movement Science** leading to a Bachelor of Science (B.S.). This sub-plan is designed to provide a broad life-science based academic background to prepare students for careers that focus on injury prevention and the restoration of cognitive and motor function. These careers include professions such as Physical Therapy, Occupational Therapy, or work in rehabilitation centers that focus on orthopedic or neurological motor impairments. Students in this sub-plan will have the opportunity to prepare themselves to become successful candidates for admission to professional programs such as physical and occupational therapy, nursing, physician assistant, and rehabilitation and preventive medicine. In addition, the sub-plan prepares well-motivated students for graduate work in the broad area of movement science that may lead to careers in academia, research and the medical device industry.

Clinical Movement Science Sub-Plan Requirement

Students are required to take a minimum of 17-credits of coursework that support this sub-plan. A minimum of 9 credits must be KIN 1xxx-5xxx. Additional courses should be selected from the following list of courses. Courses that fulfill other kinesiology major requirements cannot fulfill this requirement.

KIN Courses - Minimum 9 credits required

KIN 3001 – Lifetime fitness and health (3)
KIN 3113 - First Responder for Coaches and Athletic Trainers
KIN 3505 Intro to Human Centered Design (3)
KIN 4001H – Honors Seminar
KIN 4133 - Perceptual-Motor Control and Learning
KIN 4136 – Embodied Cognition (3)
KIN 5001 – Foundations of Human Factors/Ergonomics (3)
KIN 5103 – Developmental/Adapted Physical Education (3)
KIN 5104 – Physical Activities for Persons with Disabilities (3)
KIN 5235 – Advanced Biomechanics (3)
KIN 5505 – Human Centered Design (3)
KIN 5720 – Special Topics in Kinesiology (1-4)
KIN 5723 – Psychology of a Sport Injury (3)
KIN 5941 – Neural Basis of Movement (3)

Non-KIN Courses

Anat 3612 - Principles of Human Anatomy Laboratory (1)
Biol 2005 - Animal Diversity Laboratory (1)
Biol 2012 - General Zoology w/lab (4)
Biol 3211 - Animal Physiology w/lab (3)
Chem 1021 - Chemical Principles I (4)
Chem 1022 - Chemical Principles II (4)
Bio 2032 – General Microbiology with Lab (4)
Bio 2002 – Foundations of Biology for Biological Science Majors I(4)
Bio 2003 – Foundations of Biology for Biological Sciences Majors II (4)
Chem 2301 - Organic Chemistry I (3)
Chem 2302 - Organic Chemistry II (3)
CNes 1046 – Technical Term for the Health Professions (3)
CPsy 2301 - Introduction to Child Psychology (4)
CPSY 3308 - Introduction to Research Methods in Child Psychology (4)
CPsy 4303 - Adolescent Psychology (4)
CPSY 4313 - Disabilities and Development (4)
EPsy 5261 - Introductory Statistical Methods (3)
EPsy 5262 - Intermediate Statistical Methods (3)

FSOS 1101 – Human Development in Families: Lifespan (4)
Math 1142 - Short Calculus (4)
Math 1271 - Calculus I (5)
Nurs 2001 – Human Growth and Development Across the Lifespan (3)
Nurs 3690 - Life Span, Growth, and Development 1 (2)
Nurs 3691 - Life Span, Growth, and Development 2 (1)
OMS 2550 - Business Statistics (4)
OT 1003 - Orientation to Occupational therapy (1)
Phar 1002 - Health Sciences Terminology (2)
Phys 1102W - Introductory College Physics II (4)
Phys 1202W - Introductory Physics for Biology and Pre-medicine (4)
Phys 1302W - Introductory Physics for Science and Engineering II (4)
Pstl 2283W – Psychology of Human Development (4)
Psy 2801 – Introduction to Psychological Measurement and Data Analysis (3)
Pmed 1002 - Orientation to Physical Therapy (1)
Psy 3604 - Introduction to Abnormal Psychology (3)
Psy 5138 - Psychology of Aging (3)
Stat 3011 - Introduction to Statistical Analysis (4)

Sub-plan Requirement

Exercise and Health Sciences Sub-Plan

The School of Kinesiology offers a comprehensive **Exercise and Health Sciences Sub-Plan**, leading to a Bachelor of Science (B.S.). This sub-plan is designed to provide a broad sciences-based academic background to prepare students for careers involved in helping people to live healthier, more-productive lives, and reduce their risk of or attenuate the impact of chronic diseases; hence improving the quality and length of their lives.

These careers include roles in promoting health and fitness in health clubs, community and corporate wellness/fitness centers, as personal trainers, and in clinical settings such as exercise testing and prescription and rehabilitation centers for heart, lung, and other chronic diseases. In addition, this focal area prepares well-motivated students for graduate work preparing for careers in academia, research, the medical device and pharmaceutical industries, and as applied physiologists in the military and other government agencies.

Students from this sub-plan can prepare themselves to be successful candidates for admission to professional programs in the Health Sciences. Professional programs can include medicine, nursing, public health, physician assistant, certified athletic trainer, and chiropractic programs. Students interested in physical and occupational therapy should choose Clinical Movement Science Sub-Plan. Students interested in specific graduate or professional education programs should select electives from the Sub-Plan course list, based on pre-admission requirements for specific graduate school or professional programs.

Exercise and Health Sciences Sub-Plan Requirement

Students are required to take a minimum of 17-credits of coursework that support this sub-plan. A minimum of 9 credits must be KIN 1xxx-5xxx. Additional courses should be selected from the following list of courses. Courses that fulfill other kinesiology major requirements cannot fulfill this requirement.

KIN Courses - Minimum 9 credits required

KIN 3001- Lifetime Fitness and Health, 3
KIN 3113 - First Responder for Coaches and Athletic Trainers
KIN 3136 – Mental Skills Training for Sport 3
Kin 4001H – Honors Seminar
KIN 4214 - Health promotion, 3
KIN 4641- Training and conditioning for sport, 3
KIN 4741 – Strength and Power Development and Program Design, 3
KIN 4841 – Athletic Performance and Environmental Considerations,3
KIN 4941 – Applied Sport Science, 3
KIN 5122 - Applied Exercise Physiology, 3
KIN 5123 – Physical Activity Intervention 3
KIN 5141- Nutrition for Health and Physical Performance, 3
KIN 5142 - Applied Sport Nutrition, 3
KIN 5385 - Exercise for disease prevention and management, 3
KIN 5435 - ADV theory and techniques of exercise science,
KIN 5485 - ADV ECG, graded exercise testing and prescription, 3
KIN 5641 - Scientific theory and app. of training and conditioning in sport, 3
KIN 5720 - Motivational interventions in physical activity, 3
KIN 5723 - Psychology of sport injury, 3

Non-KIN Courses

Biochem 1001 – Elements of biochemistry (3cr)
Biochem 3021 – Biochemistry (3cr)
GCD 4143 – Human Genetics
Chem 2301 - Organic Chemistry I (3)
Chem 2302 - Organic Chemistry II (3)
CPsy 2301 - Intro to Child Psychology (4)
CPsy 4303 - Adolescent Psychology (4)
CSpH 5225 - Meditation: Integrating Body and Mind (1)
EPsy 3264 - Introductory Statistical Methods (3)
NUTR 5621 – Macronutrient Metabolism (4)
NUTR 5623 – Regulation of energy balance (2)
Phys 1302W - Introductory Physics for Science and Engineering II (4)
Phys 5510 – ADV Cardiovascular Physiology
Psy 3604 - Introduction to Abnormal Psychology (3)

Sub-plan Requirement

Sport Science Sub-Plan

The **Sport Science Sub-Plan** allows students to select courses with content related to various sport sciences of kinesiology, such as sport and exercise psychology, sport sociology, sport and exercise physiology, motor performance, sport and recreation management, and sport pedagogy. Students interested in pursuing sport and activity related careers such as sport and sport performance coaches, strength and conditioning coaches, athletic directors, youth sport recreation directors, recreational or club sport coordinators, sport and fitness educators, mental skills coaches, fitness equipment salespersons, or sports equipment managers should choose this sub-plan. Students should expect the 5xxx level courses on this list to be more advanced graduate-level courses suitable for upper level KIN majors who have completed their core coursework. Students planning on pursuing graduate studies in the following sport sciences should choose not only some of the KIN sub-plans most closely related to that sport science, but also some elective courses or minors like sport and exercise psychology [coursework or minor in Psychology (PSY) or Child Psychology (CPSY)], sport sociology [coursework or minor in Sociology (SOC)], sport management [coursework or minor in Youth Studies (YOST), or coursework in Recreation (REC)]. Students planning on pursuing graduate studies in sport sciences should select KIN electives most closely related to sport science.

Sport Science Sub-Plan Requirement

Students are required to take a minimum of 17-credits of coursework that support this sub-plan. A minimum of 9 credits must be KIN 1xxx-5xxx. Additional courses should be selected from the following list of courses. Courses that fulfill other kinesiology major requirements cannot fulfill this requirement.

KIN Courses - Minimum 9 credits required

KIN 3001 – Lifetime Fitness and Sport (3)
KIN 3113 – First Responder for Coaches and Athletic Trainers (3)
KIN 3114 – Prevention and Care of Athletic Injuries (3)
KIN 3136 – Mental Skills Training for Sport (3)
KIN 3143 – Organization and Management of Sport (3)
0-4 credits of:
KIN 3168 – Soccer Coaching Theory and Skill Development (2)
KIN 3169 – Volleyball Coaching Theory and Skill Development (2)
KIN 3171 – Baseball Coaching Theory and Skill Development (2)
KIN 3172 – Basketball Coaching Theory and Skill Development (2)
KIN 3173 – Football coaching Theory and Skill Development (2)
KIN 3174 – Golf Coaching Theory and Skill Development (2)
KIN 3175 – Gymnastics Coaching Theory and Skill Development (2)
KIN 3176 – Ice Hockey Coaching Theory and Skill Development (2)
KIN 3177 – Swimming and Diving Coaching Theory and Skill or Development (2)
KIN 3178 – Tennis Coaching Theory and Skill Development (2)
KIN 3179 – Track and Field Coaching Theory and Skill Development (2)
KIN 3181 – Wrestling Coaching Theory and Skill Development (2)
KIN 3184 – Lacrosse Coaching Theory and Skill Development (2)
KIN 4001H – Honors Seminar
KIN 4132 – Motor Development (3)
KIN 4135 – Motor Control and Learning (3)
KIN 4214 – Health Promotion (3)
KIN 4520 – Current Topics in Kinesiology (1-8, must be sport-related topic)
KIN 4641 – Training and Conditioning for Sport (3)
KIN 4741 – Strength and Power Development and Program Design (3)
KIN 5122 – Applied Exercise Physiology (3)
KIN 5123 – Physical Activity Intervention (3)
KIN 5126 – Sport Psychology (3)
KIN 5136 – Psychology of Coaching (3)
KIN 5141 – Nutrition for Health and Physical Performance (3)
KIN 5142 – Applied Sport Nutrition for Athletic Performance (3)
KIN 5371 – Sport and Society (3)
KIN 5375 – Competitive Sport for Children and Youth (3)
KIN 5461 – Foundations of Sport Management (3)
KIN 5511 – Women in Sport and Leisure (3)
KIN 5641 – Scientific Theory & Appl. of Training & Conditioning in Sport (3)
KIN 5720 – Special Topics in Kinesiology: Motivational Interventions in Physical Activity (3)
KIN 5720 – Special Topics in Kinesiology (1-8, must be sport-related topic)
KIN 5723 – Psychology of Sport Injury (3)

KIN 5725 – Organization and Management of Physical Education & Sport (3)
KIN 5740 – Topics: Coaching of Individual, Dual, or Team Sports (1-9)
KIN 5801 – Legal Aspects of Sport and Recreation (4)

Non- KIN Courses

REC 3541 – Recreation Programming (3)
REC 5701 – Positive Youth Development Programming (3)
REC 5900 – Special Topics: Contemporary Issues in Leisure Services – Group Development Process and Facilitation (3)
SMGT 3621 – Applied Sport Psychology (2)
CPSY 3301 – Introduction to Child Psychology for Social Sciences (4)
CPSY 4303 – Adolescent Psychology (4)
PSY 3201 – Introduction to Social Psychology (4)
PSY 3206 – Introduction to Health Psychology (3)
PSY 3604 – Introduction to Abnormal Psychology (3)
SOC 3701 – Social Theory (4)
SOC 3711 – Principles of Social Organization (3)
SOC 3721 – Principles of Social Psychology (3)
YOST 3032 – Adolescent & Youth Development for Youth Workers (4)
YOST 3101 – Introduction to Youthwork (4)

Sub-plan Requirement

Pre-Physical Education Teaching Licensure Sub-Plan

Students in the **Pre-Physical Education Teaching Licensure Sub-Plan** will have the opportunity to prepare themselves to become successful candidates for admission into the M.Ed./Initial Teacher Licensure Program in K-12 Physical Education (ITLP in K-12 PE) at the University of Minnesota -TC. Areas of emphasis include a strong scientific background in kinesiology; knowledge and skills in a prescribed, yet broad, range of physical activity; and principles, theory, and research related to education and, in particular, physical education. This sub-plan might also be applicable to those entering fields involving children and youth engaged in physical activity.

Pre-Physical Education Teaching Licensure Sub-Plan Requirement

Students are required to take a minimum of 22-credits of coursework that support this sub-plan. A minimum of 9 credits must be KIN 1xxx-5xxx. Additional courses should be selected from the following the Non-Kin and Physical Activity Courses. Courses that fulfill other kinesiology major requirements cannot be used as a sub-plan, except for the PE courses used to fulfill the major's Physical Activity Requirement. The five courses students have to take to fulfill the major's Physical Activity Requirement will also count toward this sub-plan. **Note of Explanation:** Students who plan to apply to the UMN Physical Education Teaching Licensure Program are encouraged to take all of the recommended coursework in this sub-plan.

Kin Courses - 9 credit minimum

KIN 3113 - First Responder for Coaches and Athletic Trainers (3.0 cr)
KIN 3143 - Organization and Management of Sport (3.0 cr)
KIN 5103 - Developmental/Adapted Physical Education (3.0 cr)
or KIN 5104 - Physical Activities for Persons with Disabilities (3.0 cr)
Other KIN coursework listed in this sub-plan (ie.KIN courses listed under the Physical Education Courses category)

Non-Kin Courses

PUBH 3004 - Basic Concepts in Personal and Community Health (4.0 cr)
PUBH 3001 - Personal and Community Health (2.0 cr)
AND PUBH 3003 - Fundamentals of Alcohol and Drug Abuse (2.0 cr)
or PUBH 3005 - Fundamentals of Alcohol and Drug Abuse for Teacher Education (1.0 cr)
CPSY 2301 - Introductory Child Psychology, SSCI (4.0 cr)
or CPSY 3301 - Introductory Child Psychology for Social Sciences (4.0 cr)
CPSY 4303 - Adolescent Psychology (4.0 cr)
EDHD 5001 - Learning, Cognition, and Assessment (3.0 cr)
EDHD 5005 - School and Society (2.0 cr)
EDHD 5009 - Human Relations: Applied Skills for School and Society (1.0 cr)

Physical Education Courses

Students are allowed to take a maximum of 11 courses as prescribed in the following three categories.

Category: General Activity (maximum 6 courses)

DNCE 1xxx -4xxx
KIN 3175 - Gymnastics Coaching Theory and Skill Development (2.0 cr)
or PE 1065 - Beginning Tumbling and Gymnastics (1.0 cr)
or PE 1165 - Intermediate Tumbling and Gymnastics (1.0 cr)
KIN 3179 - Track and Field Coaching Theory and Skill Development (2.0 cr)
or PE 1059 - Track and Field (1.0 cr)
PE 1014 - Conditioning (1.0 cr)
Or PE 1262 – Marathon Training (3)
PE 1015 - Weight Training (1.0 cr)
or PE 1415 – Advanced Conditioning and Weight Training (1 cr)
PE 1042 - Orienteering (1.0 cr)
or PE 1043 - Beginning Horse Riding (1.0 cr)
or PE 1045 - Rock Climbing (1.0 cr)
or PE 1047 - Backpacking (2.0 cr)
or PE 1053 - Ice Skating (1.0 cr)
or PE 1056 - Nordic (Cross-Country) Skiing (1.0 cr)
or PE 1057 - Beginning Skiing (1.0 cr)
or PE 1157 Intermediate Skiing (1.0 cr)
or PE 1154 - Figure Skating (1.0 cr)
or PE 1205 - Scuba and Skin Diving (1.0 cr)
or REC 2151 - Outdoor and Camp Leadership (3.0 cr)

Category: Team Sport (maximum 3 courses)

KIN 3168 - Soccer Coaching Theory and Skill Development (2.0 cr)
or PE 1072 - Soccer (1.0 cr)
KIN 3169 - Volleyball Coaching Theory and Skill Development (2.0 cr)
or PE 1074 - Beginning Volleyball (1.0 cr)
or PE 1174 - Intermediate Volleyball (1.0 cr)

Continued - Category: Team Sport

KIN 3171 - Baseball Coaching Theory and Skill Development (2.0 cr)
or PE 1073 - Softball (1.0 cr)
KIN 3172 - Basketball Coaching Theory and Skill Development (2.0 cr)
or PE 1067 - Basketball (1.0 cr)

Category: Individual Sport (maximum 2 courses)

PE 1029 - Handball (1.0 cr)
Or PE 1129 Intermediate Handball (1)
PE 1031 - Sabre Fencing (1.0 cr)
PE 1032 - Badminton (1.0 cr)
PE 1033 - Foil Fencing (1.0 cr)
or PE 1133 Intermediate Foil Fencing (1.0 cr)
PE 1034 - Judo (1.0 cr)
PE 1035 - Karate (1.0 cr)
or PE 1045 Intermediate Karate (1.0 cr)
PE 1036 - Racquetball (1.0 cr)
or PE 1136 Intermediate Racquetball (1.0 cr)
PE 1037 - Squash Racquets (1.0 cr)
or PE 1137 – Intermediate Squash, 1
PE 1044 - Self-Defense (1.0 cr)
PE 1046 – Tae Kwan Doe
PE 1048 - Bowling (1.0 cr)
PE 1058 - Snowboarding (1.0 cr)
PE 1055 - Golf (1.0 cr)
or KIN 3174 - Golf Coaching Theory and Skill Development (2.0 cr)
PE 1038 - Beginning Tennis (1.0 cr)
or PE 1138 Intermediate Tennis (1.0 cr)
or KIN 3178 - Tennis Coaching Theory and Skill Development (2

Pre-Admission Requirements (17-19 credits)

To be eligible to apply to the major, students must have:

- Taken, or have in progress at the time of application, one course from four of the five following categories
- A minimum 2.5 overall GPA
- At least 60 credits completed or in progress

Biology Course with Lab

BIOL 1009 - General Biology, BIOL SCI/L (4.0 cr)
or BIOL 1001 - Introductory Biology I: Evolutionary and Eco Persp, (4.0 cr)
or BIOL 1009H - Honors: General Biology, BIOL SCI/L, H (4.0 cr)
or FSCN 1021 - Introductory Microbiology, BIOL SCI/L (4.0 cr)
or PSTL 1131 - Principles of Biological Science, BIOL SCI/L (4.0 cr)
or PSTL 1135 - Human Anatomy and Physiology, BIOL SCI/L (4.0 cr)

Chemistry Course with Lab

CHEM 1015 Intro to Chemistry (lecture) (3.0 cr) and CHEM 1017 Intro to Chem (lab) (1.0 cr)
CHEM 1021 - Chemical Principles I, ENVT, PHYS SCI/L (4.0 cr)
or CHEM 1011 - Introductory Chemistry: Lecture and Laboratory, (4.0 cr)
or CHEM 1022 - Chemical Principles II, ENVT, PHYS SCI/L (4.0 cr)
or CHEM 1031H - Honors Chemistry I, ENVT, PHYS SCI/L, H (4.0 cr)
or CHEM 1032H - Honors Chemistry II, ENVT, PHYS SCI/L, H (4.0 cr)

Physics Course with Lab

PHYS 1101W - Introductory College Physics I, PHYS SCI/L, WI (4.0 cr)
or PHYS 1201W - Introductory Physics for Biology and Pre-medicine I, (5.0 cr)
or PHYS 1301W - Introductory Physics for Science and Engineering I, (4.0 cr)
or PHYS 1401V - Honors Physics I, PHYS SCI/L, WI, H (4.0 cr)

Introduction to Kinesiology

Kin 1871 – Survey of Kinesiology, Recreation and Sport

Human Anatomy

Kin 3027 – Human Anatomy for Kinesiology Students (3)
Or Kin 3111 – Human Anatomy (2)
Or Anat 3001 – Human Anatomy (3)
Or Anat 3601 – Principles of Human Anatomy (3)
Or Anat 3611 – Principles of Human Anatomy (3)

General Requirement (10-11 credits)

All students are required to:

- Complete general University and college requirements including writing and liberal education courses.
- Complete one course from each of the following categories:

Psychology (C- or better, required)

PSTL 1281 - General Psychology, SSCI (4.0 cr)
or PSY 1001 - Introduction to Psychology, SSCI (4.0 cr)

Speech Performance

COMM 1101 - Introduction to Public Speaking (3.0 cr)
or COMM 1101H - Honors: Introduction to Public Speaking, H (3.0 cr)
or COMM 1313W - Analysis of Argument, WI (3.0 cr)
or PSTL 1461 - Multicultural Perspectives in Public Speaking, C/PE (3.0 cr)

Statistics/Math

EPSY 3264 - Basic and Applied Statistics, MATH (3.0 cr)
or PSTL 1004 - Statistics, MATH (4.0 cr)
or STAT 1001 - Introduction to the Ideas of Statistics, MATH (4.0 cr)
or STAT 3011 - Introduction to Statistical Analysis, MATH (4.0 cr)
or Math 1031 – College Algebra and Probability (3.0 cr)
or MATH 1271 – Calculus (3.0 cr)

PE Course Requirement

Take five (5) credits of physical education, including at least one (1) course from each of the three (3) following categories

Aquatics/Dance/Posture

Take 1 or more course(s) from the following:

- PE 1004 - Diving: Springboard (1.0 cr)
- PE 1007 - Beginning Swimming (1.0 cr)
- PE 1016 - Posture and Individual Exercise (1.0 cr)
- PE 1107 - Intermediate Swimming (1.0 cr)
- PE 1205 - Scuba and Skin Diving (1.0 cr)
- PE 1306 - Lifeguard Training (1.0 cr)
- PE 1411 - Water Safety Instructor (2.0 cr)
- DNCE 1001 - Modern Dance Technique 1 (1.0 cr)
- DNCE 1002 - Modern Dance Technique 2 (1.0 cr)
- DNCE 1010 - Modern Dance Technique 3 (2.0 cr)
- DNCE 1020 - Modern Dance Technique 4 (2.0 cr)
- DNCE 1101 - Ballet Technique 1 (1.0 cr)
- DNCE 1102 - Ballet Technique 2 (1.0 cr)
- DNCE 1110 - Ballet Technique 3 (2.0 cr)
- DNCE 1201 - Jazz Technique 1 (1.0 cr)
- DNCE 1202 - Jazz Technique 2 (1.0 cr)
- DNCE 1210 - Jazz Technique 3 (1.0 cr)
- DNCE 1220 - Jazz Technique 4 (1.0 cr)
- DNCE 1301 - Tap Technique 1 (1.0 cr)
- DNCE 1302 - Tap Technique 2 (1.0 cr)
- DNCE 1311 - International Folk Dance 1 (1.0 cr)
- DNCE 1312 - International Folk Dance 2 (1.0 cr)
- DNCE 1315 - Flamenco (1.0 cr)
- DNCE 1321 - Ballroom 1 (1.0 cr)
- DNCE 1322 - Ballroom 2 (1.0 cr)
- DNCE 1331 - Yoga (1.0 cr)
- DNCE 1332 - Yoga for Dancers (1.0 cr)
- DNCE 1347 - Stott Pilates Conditioning (1.0 cr)
- DNCE 3110 - Ballet Technique 5 (2.0 cr)
- DNCE 3120 - Ballet Technique 6 (2.0 cr)
- DNCE 3210 - Jazz Technique 5 (1.0 cr)
- DNCE 3220 - Jazz Technique 6 (1.0 cr)
- DNCE 3301 - Tap Technique 3 (1.0 cr)
- DNCE 3302 - Tap Technique 4 (1.0 cr)
- DNCE 3337 - Body Mind Centering (2.0 cr)

Conditioning/Weight Training

Take 1 or more course(s) from the following:

- PE 1012 - Beginning Running (1.0 cr)
- PE 1014 - Conditioning (1.0 cr)
- PE 1015 - Weight Training (1.0 cr)
- PE 1262 - Marathon (3.0 cr)
- PE 1415 - Advanced Weight Training and Conditioning (1.0 cr)

Individual Sports/Team Sport

Take 1 or more course(s) from the following:

- PE 1029 - Handball (1.0 cr)
- PE 1031 - Sabre Fencing (1.0 cr)
- PE 1032 - Badminton (1.0 cr)
- PE 1033 - Foil Fencing (1.0 cr)
- PE 1034 - Judo (1.0 cr)
- PE 1035 - Karate (1.0 cr)
- PE 1036 - Racquetball (1.0 cr)
- PE 1037 - Squash Racquets (1.0 cr)
- PE 1038 - Beginning Tennis (1.0 cr)
- PE 1042 - Orienteering (1.0 cr)
- PE 1043 - Beginning Horse Riding (1.0 cr)
- PE 1044 - Self-Defense (1.0 cr)
- PE 1045 - Rock Climbing (1.0 cr)
- PE 1046 - Tae Kwon Do (1.0 cr)
- PE 1047 - Backpacking (2.0 cr)
- PE 1048 - Bowling (1.0 cr)
- PE 1053 - Ice Skating (1.0 cr)
- PE 1055 - Golf (1.0 cr)
- PE 1056 - Nordic (Cross-Country) Skiing (1.0 cr)
- PE 1057 - Beginning Skiing (1.0 cr)
- PE 1058 - Snowboarding (1.0 cr)
- PE 1059 - Track and Field (1.0 cr)
- PE 1065 - Beginning Tumbling and Gymnastics (1.0 cr)
- PE 1129 - Intermediate Handball (1.0 cr)
- PE 1133 - Intermediate Foil Fencing (1.0 cr)
- PE 1135 - Intermediate Karate (1.0 cr)
- PE 1136 - Intermediate Racquetball (1.0 cr)
- PE 1137 - Intermediate Squash (1.0 cr)
- PE 1138 - Intermediate Tennis (1.0 cr)
- PE 1154 - Figure Skating (1.0 cr)
- PE 1157 - Intermediate Skiing (1.0 cr)
- PE 1165 - Intermediate Tumbling and Gymnastics (1.0 cr)
- PE 1067 - Basketball (1.0 cr)
- PE 1071 - Beginning Cricket (1.0 cr)
- PE 1072 - Soccer (1.0 cr)
- PE 1073 - Softball (1.0 cr)
- PE 1074 - Beginning Volleyball (1.0 cr)
- PE 1075 - Ice Hockey (1.0 cr)
- PE 1174 - Intermediate Volleyball (1.0 cr)