

LIFETIME PHYSICAL ACTIVITY: Emphasis in Fitness & Wellness

STUDENT _____ ADVISOR _____

Support Courses for the Kinesiology Major

Course #	Days	Prereq	Description	Units	Sem/Yr	Grade	Inst
KIN 201			Foundations of Kinesiology	3			
BIO 220		Bio 110 or 115	Anatomy (with lab)	4			
BIO 224		Chem 105 or 115AB	Physiology (with lab)	4			
			Human Nutrition	3			
CS 101			Introduction to Computing	3			
Total				17			

Undergraduate Kinesiology Core Requirements (ALL except KIN 410 & Math 165 require Bio 220 & 224)

KIN 301	MW AM	Engl 101	Hist. & Phil. of Human Movement	4			
KIN 305	MW AM	Engl 101 & WEPT	Psych. Bases of Human Movement	4			
KIN 315	TTH AM	Engl 101	Sociology of Sport	3			
Math 165		ELM	Elementary Applied Statistics	4			
KIN 350	TTH AM	GE math	Biomechanics	4			
KIN 360	MW PM	GE math	Physiology of Exercise	4			
KIN 410	Evenings		Lifespan Motor Development	3			
KIN 460		Kin 360	Conditioning for Health and Performance	3			
Total				29			

Fitness and Wellness Emphasis

KIN 241	Fall only	Bio 220 & 224	Emergency Response	3			
KIN 242		Bio 220 & 224	Principles of Musculoskeletal Injuries	3			
KIN 426		Stats & Kin 410	Individualized Assessment and Program Design	4			
KIN 430E		Dept Approval	Field Experience	3			
KIN 442	Spring only	Kin 242	Musculoskeletal Eval, Training, Treatment	4			
Kin 446	Spring only		Exercise Instruction	3			
		*****	Electives (choose 2 of the following):	***			
KIN 403		Engl 101	Ethics, Equity & Inclusion in Coaching	3			
KIN 404/404C		Engl 101	Theory of Coaching	2-3			
KIN 427			Individuals w/ Disabilities in Education & Recreation Settings	3			
BIO 318		Bio 110 or 115 or 121/122	Biology of Aging (UD GE "E")	3			
BUS 150			Business and Society (Possible substitutes: Bus 344, 350, or 360 – see your advisor for more info)	3			
GERN 300			Basic Gerontology (UD GE "E")	3			
PSY 201			Human Potential (Possible Psych substitute: Psy 358 – see your advisor for more info)	3			
PSY 408			Transitions in Adult Development	4			
PSY 421		Gern minor	Psychology of Aging	4			
SOCI 317/ GERN 317			Emotions and Adult Life (UD GE "E")	3			
Total				25-27			

Advised (dates): _____

Advisor: _____