

NAME: _____ WIN: _____

ADVISOR: _____

BACHELOR OF ARTS IN KINESIOLOGY IN HEALTH AND FITNESS PROMOTION

Major Requirements: (36 credits: C minimum)

KN 248 Wellness Concepts and Application (3)
KN 250 Introduction to Kinesiology (2)
KN 257 Prevention and Care of Athletic Injuries (3)
KN 266 Microcomputer Applications to Kinesiology (2) (Prereq: KN or PE Major)
KN 300 Psychology of Sport and Physical Activity (3) (Prereq: KN 248 and KN 250, or Junior Standing and consent) OR KN 318 Exercise Psychology (3) (Prereq: KN 248 and KN 250, or Junior Standing and consent)
KN 306 Organization and Admin in Kinesiology (3) (Prereq: Junior Standing or consent) OR KN 330 Admin of Exercise and Rehabilitation Science (3) (Prereq: KN 291 and Junior Standing)
KN 321 Anatomical Kinesiology (3) (Prereq: BI 250 or BI 275)
KN 326 Physiology of Exercise (3) (Prereq: BI 255)
KN 342 Physical Education Activity Techniques II (2) (Prereq: KN 248, KN 250)
HL 377 Critical Issues in Health (3) (Prereq: KN248 or consent)
KN 410 Fitness Testing and Exercise Prescription (3) (Prereq: KN 342 and KN 326)
KN Electives: (choose TWO from): ___ KN 308 Nutr for Sprts and Fitns (3) (Prereq: KN248 and KN250, or Junior Standing and consent) ___ KN 335 Human Factors and Ergonomics (3) (Prereq: Junior Standing or consent) ___ KN 357 Sports Perform Training & Reconditioning (3) (Prereq: BI 255 and KN 342) ___ KN 411 Current Literature in Kinesiology (3) (Prereq: KN 326; PY151 or MA140) ___ KN Elective: (_____) (3) (must be ≥300 level)

Activity Techniques Requirements: (choose ONE) (2 credits: C minimum)

KN 341 Physical Education Activity Techniques I (Prereq: KN 248, KN 250)
OR KN 343 Physical Education Activity Techniques III (Prereq: KN 248, KN 250)
OR KN 344 Physical Education Activity Techniques IV (Prereq: KN 248, KN 250)
OR KN 345 Physical Education Activity Techniques V (Prereq: KN 248, KN 250)

Internship Requirement: (3-6 credits: C minimum)

KN 498 Internship in Health and Fitness Promotion (3-6) (Prereq: a) ALL Major AND Activity Requirements completed; b) <i>Current First Aid and CPR certifications must be on file prior to start of internship</i>)

Prerequisite Science Requirements: (12-13 credits)

BI 100 Introduction to Biology (3) and BI 101 Introduction to Biology Lab (2) (C Minimum) OR BI 102 General Cellular Biology (5) (C Minimum)
BI 250 Introduction to Human Anatomy (3) (Prereq: BI 100 or BI 102) OR BI 275 Human Anatomy with Lab (4) (Prereq: BI 100 and BI 101, or BI 102)
BI 255 Human Physiology (4) (Prereq: BI 100 and BI 101, or BI 102)

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Correlated Requirements: (choose FOUR) (12 credits: C minimum)

AL 320 Human Disease (3) (Prereq: BI 230 or BI 250 or BI 255 or BI 275)
CN 306 Health Communication (3)
HS 371 Aging and Mental Health (3)
MU 307 Music and the Brain (3) (Prereq: BI 100 or higher, or consent of instructor)
PY 326 Health Psychology (3) (Prereq: PY100)
SO 315 Sociology of Sport (3) (Prereq: SO 100)

General Education Distribution Requirements (BA): (42 credits, including duplications)

Humanities (15) (GEHU/GECPA) Choose from: AR, CN, EN, FL, IL170, MM, MU, PH, RG, TH. (Maximum 6 hrs in one discipline)	Course Number	Social Sciences (15) (GESS) Choose from: AN, EC, GG, HI, IL170, PO, PY, SO. (Maximum 6 hrs in one discipline)	Course Number	Natural Sciences/ Mathematics (12) (GENS) Choose from: AS, BI, CH, CM, GL, MA, PS, IL170. (Maximum 8 hrs or 2 Courses/Discipline)	Course Number
AR, MU or TH (3)		Soc. Science (3)		Nat. Science (5)	BI 100/101
Humanities (3)		Soc. Science (3)		Nat. Science (4)	
Humanities (3)		Soc. Science (3)		Nat. Science (3)	
Humanities (3)		Soc. Science (3)		Nat. Science ()	
Humanities (3)		Soc. Science (3)			

Core University/BA-Specific Requirements: (16 credits)

WU 101 (3)* (≥ C Grade)		Total Hours (118 – 121) If 15 cr taken in NS, then total is 121 - 124	
EN 101 (3) (≥ C Grade)		Hours Outside Major (80) (Includes 4 cr from HL)	
EN 300 (3) (≥ C Grade)		Upper Division (≥300 level) (45)	
MA 112 (3) or MA 116 (3)** (≥ C Grade)		All Major, Internship, Activity Techniques and Correlated requirements (≥ C Grade)	
FL 102 (4) (Prereq: FL 101)		Hours Within Arts and Sciences (99)	
		≥ 2.0 Overall Cumulative GPA	

*Students transferring with 24 or more credit hours completed at an accredited post-secondary institution (after graduating from High School) with a GPA of 2.0 or higher are exempt from this requirement

**May be waived if the student successfully places into a higher-level mathematics course with an ACT score of 25 or higher and then successfully completes that course with a grade of C or higher or if a student presents an ACT score in mathematics of at least 28 (SAT of at least 640).

Upper Division requirement – need 45 hours minimum

KN required (18 - 21): 300 or 318, 306 or 330, 321, 326, 410 and KN 498 (Internship, 3-6)

HL required (3): HL 377; University Required (3): EN 300

KN Elective (6, choose two): 308, 335, 357, 411 or selected Elective _____

KN Activity Tech (4, choose two): 341, 342, 343, 344 or 345

Correlated (12, choose four): AL 320, CN 306, HS 371, MU 307, PY 326, SO 315. (Updated for Fall 2021)