

Planning Worksheet
B. S. Degree in Kinesiology
Emphasis: Sport Administration and Coaching

Suggested Four Year Plan of Study
 128 credits required
 Revised September, 2008

<u>First Fall</u>			<u>First Spring</u>		
Number	Course Title	Credits	Number	Course Title	Credits
KIN 260 (F)	Intro to KINES/HLTH	1	KIN 263(B)	Skill/Tennis-Golf	1
KIN 264 (B)	Skill/Basket-Soccer (if selected)	1	KIN 266	(If selected) Skill/Volley-Softball	1
HLTH 272(B)	Fitness & Wellness	3		(If selected)	
ENG 101	English Comp	3	NS 150	Intro to Nat Science	3
MATH	Math	3-4	ENG 102	English Comp	3
	Humanities course	3	COMM	Speech	3
	Social Science course	3			
	Electives			Humanities course	3
				Social Science course	3
				Electives	

<u>Second Fall</u>			<u>Second Spring</u>		
HLTH 347(B)	Stress Management	1	KIN 348(S)	Sports Medicine	3
HLTH 345(B)	Aging, Death,Dying	1	HLTH 353(B)	Nutrition	3
	Or	1	KIN 362(S)	Physiology of Ex	3
HLTH 346(B)	Human Sexuality	1	KIN 410(B)	Sport Psych	3
HLTH 288 (B)	CPR/AED	1	KIN 341-7	Technique/Coaching	2
KIN 370(F)	Motor Learning	3	(semester		
KIN 241	Officiating	2	varies with		
	Nat Science +lab	4	sport)		
	Social Science	3	KIN Elective	300 or 400 level	3
	Electives			Electives	

Key: F= course offered fall only S= course offered spring only B=Both Semesters

<u>Third Fall</u>			<u>Third Spring</u>		
KIN 381(F)	Tests and Measure	3	KIN 362(S)	Biomechanics	3
KIN 352(F)	Youth Sports/Rec	3	HLTH 456 (B)	Drugs in Society	2
KIN 486(F)	Org/Administration	3	or	or	
KIN 420(F)	Soc/Cult Aspects	3	HLTH 457(B)	Drugs & Athlete	1
KIN 488(F)	Facilities/Event	3	Or	or	
KIN 494(B)	Internship	3	Psych 243	Intro /Addiction	3

	Electives		KIN 425(S) KIN 487 (S)	Moral Reasoning Sport Administration A 350 or 351 Integrative seminar Electives	3 3 3 3
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Fourth Fall**Fourth Spring**

KIN 498(F)	Sr Research/Project 1 (if selected also take KIN 499 Spring Semester) Electives	3	KIN 499(S)	Sr Research/Project2 Electives Seniors must Complete an Exit Portfolio and Pass An Oral Exit Exam	3
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Suggested Internship sites include: LCSC Athletics or Intramurals, Public School Athletic Administration, Boys and Girls Club, City Recreation Programs, Country Clubs, Aquatic Center, Health/Fitness Clubs, Major/Minor League Clubs and related organizations, Sporting Goods, YMCA, Private Recreation Facilities

Note: KIN 488 Facilities will be offered Spring 2009 but in Starting Fall 2009 it will be a fall course