

**Planning Worksheet**  
**B. S. Degree in Kinesiology (2008+)**

**Suggested Four Year Plan of Study**  
 128 credits required

**Emphasis:**  
**Health Promotion, Personal Training, Wellness Coaching**  
 Revised September, 2008

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

Second Fall			Second Spring		
BIOL 175 or BIOL 252 (F)	Human Biology or Anatomy & Phys	4	KIN 348(S) KIN 355(S) KIN 362(S) HLTH 353(B) KIN 435 (S)	Sports Medicine Strats for Teaching Physiology of Ex Nutrition Aging and Physical Activity	3 3 3 3 3
HLTH 288(B) HLTH 347(B)	CPR/AED Stress Management	1 1		Electives	
HLTH 345(B) or HLTH 346(B)	Aging, Death,Dying Human Sexuality	1			
KIN 370(F) HLTH 352(F)	Motor Learning Technologies for Wellness Prof (if selected)  Social Science	3 3 3			

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

Third Fall			Third Spring		
KIN 381(F) KIN 486(F)	Tests and Measure Org/Administration (if selected)	3 3	KIN 434(S) KIN 362(S)	Exercise Prescript Biomechanics	3 3
KIN 467(F) KIN 472(F)	PE/Rec for Spec Needs Outdoor Education (if selected)	3 3	HLTH 456 (B) or HLTH 457(B) Or	Drugs in Society or Drugs & Athlete or	2 1
KIN 433 (F) KIN 420(F)	Balance and Mobility Soc/Cult Aspects	3	Psych 243	Intro /Addiction	3

or KIN 410(B)	or Sport Psych  Electives	3	HLTH 342(S) HLTH 452(S) KIN 494(B)	Community HLTH HLTH Coaching Internship  350 or 351 Integrative seminar  Electives	3 3 3  3
------------------	------------------------------------	---	--	---	----------------------

<b>Fourth Fall</b>		<b>Fourth Spring</b>			
KIN 498(F)	Sr Research I	3	KIN 499(S)	Sr Research II   Seniors must Complete an Exit Portfolio and Pass An Oral Exit Exam	3

Note: Students interested in Graduate Schools should use their elective credits for pre-requisite courses required by the graduate program of their choice.

Suggested Internship sites include: Health and Fitness Clubs, LCSC Fitness and Wellness Course Teaching Assistant, Health Agencies, Retirement Centers