

Planning Worksheet
B. S. Degree in Kinesiology

Suggested Four Year Plan of Study
128 credits required

Emphasis: Youth Sports and Recreation

Revised September, 2008

First Fall			First Spring		
Number	Course Title	Credits	Number	Course Title	Credits
KIN 260 (F)	Intro to KINES/HLTH Movement	1	KIN 263(B)	Skill/Tennis-Golf (If selected)	1
KIN 264 (B)	Skill/Basket-Soccer (if selected)	1	KIN 266(B)	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		
HLTH 288(B)	CPR/AED	1	KIN 362 (S)	Physiology of Ex	3
KIN 370(F)	Motor Learning	3	KIN 348(S)	Sports Medicine	3
KIN 410(B)	Sport Psych	3	KIN 355(S)	Strats for Teaching	3
Or	Or		HLTH 347(B)	Stress Management	1
KIN 420 (F)	Cult Aspects		HLTH 345(B)	Aging, Death, Dying	1
KIN 241	Officiating	2	Or	Human Sexuality	
HLTH 352(F)	Tech/Hlth Well Prof	3	HLTH 346(B)		2
	Nat Science + Lab	4	HLTH 456 (B)	Drugs in Society	1
	Social Science	3	or	or	
	Electives		HLTH 457(B)	Drugs & Athlete	3
			Or	or	
			Psych 243	Intro /Addiction	
			HLTH 353 (B)	Nutrition	
				Electives	

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

Third Fall			Third Spring		
KIN 381 (F)	Tests and Measure	3	KIN 381(S)	Biomechanics	3
KIN 472 (F)	Outdoor Education	3	KIN 425 (S)	Moral Reasoning	3
KIN 352 (F)	Youth Sports/Rec	3	KIN 494(B)	Internship	3
KIN 486 (F)	Org/Administration	3		A 350 or 351	
KIN 467 (F)	PE/Rec Special Needs	3		Integrative seminar	3
KIN 488(S)	Facilities/Events	3			

	Electives			Electives	
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Fourth Fall			Fourth Spring		
KIN 498(F)	Research Project Electives	3	KIN 499(S)	Research Project Electives Seniors must Complete an Exit Portfolio and Pass An Oral Exit Exam	3

Suggested Internship sites include: Boys and Girls Clubs, City Recreation, LCSC Intramurals, North Idaho Children's Home, Summer Camps, Outdoor Guides and Services.

Note: We recommend you also take as many Kinesiology Activity classes as possible, as well as courses in business, and psychology.
 Note: KIN 488 Facilities will be offered Spring 2009 but in Starting Fall 2009 it will be a fall course