

**Planning Worksheet**  
**BS/BA Degree in Kinesiology (2008+)**

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

**Emphasis: Exercise Science/Sports Medicine**  
 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	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	3		Humanities course	3
	Electives			Social Science course	3
				Electives	

Second Fall			Second Spring		
BIOL 252 (B)	Anatomy & Phys	4	KIN 348(S)	Sports Medicine	3
HLTH 347(B)	Stress Management	1	KIN 362(S)	Physiology of Ex	3
			HLTH 353(B)	Nutrition	3
HLTH 345(B)	Death and Dying				
	Or	1	KIN 435 (S)	Aging and Physical	3
HLTH 346(B)	Human Sexuality			Activity (if Selected)	
HLTH 288 (B)	CPR/AED	1			
KIN 370(F)	Motor Learning	3	HLTH 456 (B)	Drugs in Society	2
			or	or	
KIN 420(F)	Soc/Cult Aspects	3	HLTH 457(B)	Drugs & Athlete	1
and/or	or		Or	or	
KIN 410(B)	Sport Psych		Psych 243	Intro /Addiction	3
HLTH 352(F)	Technologies for Wellness Prof	3		Social Science	3
	Electives			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 434(S)	Exercise Prescript	3
KIN 467(F)	PE/Rec for Spec Needs (if selected)	3	KIN 381(S)	Biomechanics	3
KIN 433 (F)	Balance and Mobility (if selected)	3	KIN 452 (S)	HLTH Coaching (if Selected)	3
	350 or 351		KIN 494	Internship	3
	Integrative seminar				

CHEM 105 (F) Or CHEM 111 (F)	Gen Organic Chem	3			
	General Chem	4			
	Electives				

<b>Fourth Fall</b>			<b>Fourth Spring</b>		
KIN 498(F)	Sr Research I  Electives	3	KIN 499(S)	Sr Research II  Electives   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. Most students take a second Chemistry Class in the spring after they take CHEM 105 or 111. Many Graduate schools also require Physics 111 and 112. It is also suggested that you take BIOL 253 after you take BIOL 252.

Suggested Internship sites include: Health and Fitness Clubs,, LCSC Fitness and Wellness Course Teaching Assistant, Health Agencies, Nutrition Consultants, Retirement Centers, Physical Therapy, Occupational Therapy, Athletic Training