

Kinesiology: Health and Fitness 2018-2019

Advising Guide



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GENERAL EDUCATION

Course #	Course Title	CR	
Written Communication			
ENGL 101	English Composition I	3	
ENGL 102	English Composition II	3	
Oral Communication			
Students choice from GEM 2		3	
Mathematical Ways of Knowing			
MATH 147	Precalculus	5	
Scientific Ways of Knowing			
ANAT 100 or 211	Human Structure and Function OR Human Anatomy and Physiology 1	4	
CHEM 101 or 111	Introduction to Chemistry w/lab or Principles of Chemistry w/ lab	4	
Humanistic & Artistic Ways of Knowing			
Student choice from GEM 5		3	
Student choice from GEM 5 (must be different discipline than previously selected GEM 5 course)		3 to 4	
Social & Behavioral Ways of Knowing			
PSYC 101	General Psychology	3	
EXHS 155	Health and Wellness	3	
Connecting With Ideas			
CWID 101	Connecting with Ideas	3	
Global Perspectives			
HLTH 280**	Global Health	3	
Additional CWI courses that also meet LCSC BA/BS Degree Requirements			
HLTH 101	Medical Terminology	3	
HLTH 220	Fundamentals of Nutrition	3	
EXHA 103	Stress Management	3	
EXHS 163	Fitness, Assessment and Design	3	
EXHS 201	Foundations of Physical Activity	3	
EXHS 220	Care and Prevention of Athletic Injury	4	
HLTH 110	Drug Use and Abuse	3	
HLTH 210	Human Sexuality	3	
HLTH 290	Exercise and Health Science Capstone	2	
PHLT 240	Intro to Health Promotion and Education	3	
***At CWI, students must select a GEM course that includes the "E" (Ethics) designation			
CWI TOTAL		70	

Course #	Course Title	CR	
Health & Kinesiology Program with Health and Fitness emphasis			
KIN 260	Introduction to Kinesiology and Health	1	
KIN 261, 262, 267, 268, 269	Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement	3	
KIN 355	Strategies/Tchg Physical Activities	3	
KIN 370	Motor Learning/Motor Development	3	
KIN 381	Tests and Measurements	3	
KIN 434	Exercise Prescription	3	
KIN 435	Aging & Physical Activity	3	
KIN 467	Phys Act/Rec/Indiv/Spec Needs	3	
KIN 486	Organization/Administration of HPER	3	
KIN 494	Internship	3	
HLTH 248	Behavior Change	1	
HLTH 343	Sports Nutrition	3	
HLTH 352	Technologies for Health & Wellness Professionals	3	
HLTH 454	Wellness Coaching	2	
Choose elective credits (see advisor)		7	
Senior Research Project			
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Integrative Seminar: Ethics and Values			
Student does not need this class when transferring with an AA or AS			
Graduation Requirements			
Resident Credits		32	
Upper Division Credits		36	
TOTAL CWI & LCSC Credits		120	

Complete all required/elective coursework for the AA/AS degree at College of Western Idaho (60 credits minimum).

• This advising guide is based on completion of an Associates degree (AA/AS) in Health Science at the College of Western Idaho with additions made to meet lower division requirements.

• Students who transfer without being core complete may need to take additional LCSC General Education core courses.

• 32 Residency (LCSC) credits required for graduation/36 must be upper division.

At CWI a minimum grade of "C-" is required for Gen Ed courses and a minimum 2.0 GPA is required to qualify for Associate's Degree.