

North Idaho College to Lewis-Clark State College

Kinesiology w/Coaching Emphasis 2025-2026

Advising Guide



North Idaho College

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GENERAL EDUCATION

Course #	Course Title	CR	
Written Communication			
ENGL 101	Writing and Rhetoric I	3	
ENGL 102	Writing and Rhetoric II	3	
Oral Communication			
COMM 101	Fundamentals of Oral Communication	3	
Mathematical Ways of Knowing			
Students choice from GEM 3		3	
Scientific Ways of Knowing			
Student choice from GEM 4		4	
Student choice from GEM 4 (must be different discipline than previously selected GEM 4 course)		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	
Social & Behavioral Ways of Knowing			
Student choice from GEM 6		3	
Student choice from GEM 6 (must be different discipline than previously selected GEM 6 course)		3	
Integrative Course			
INTR 250	Integrative Inquiry	3	
Wellness Course			
PE 222	Wellness Lifestyles	3	
Additional NIC courses that also meet LC State BA/BS Degree Requirements			
PE 160	Foundations of Physical Education**	3	
PE 225	Sport Psychology**	3	
PE 226	Stress Management**	3	
Any of the following Coaching Methods courses: PE 241B, PE 241C, PE 241D, PE 241E, PE 241F**		2	
PE 242	Sports Officiating**	2	
PE 248	Care and Prevention of Athletic Injuries**	3	
Select additional credits to total 60-64, in consultation with NIC advisor			
NIC TOTAL		60-64	

** Can be taken at NIC or LC State

PROGRAM REQUIREMENTS

Course #	Course Title	CR	
Health & Kinesiology Program			
HLTH 249	Health Through a Lifespan	3	
HLTH 352	Technologies for Health and Wellness Professionals	3	
HLTH 354	Addiction and Performance	2	
KIN 220	Social-Cultural Aspects of Sports	3	
KIN 269	Skills and Analysis: Educational Gym& Mov	1	
KIN 271	Skills Analysis: Kinesiology	3	
KIN 272 or HLTH 272	Fitness and Wellness	3	
KIN 370	Motor Learning/Motor Development	3	
KIN 425	Ethical Decision-Making Sport Leaders	3	
KIN 489	Organization and Administration of Health, Physical Education, Recreation, Athletics	3	
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Emphasis Courses			
KIN 340	Advanced Coashing Theory	2	
KIN 352	Youth Sports and Recreation	3	
KIN 355	Strategies for Teaching Physical Activities	3	
KIN 487	Sports Administration	3	
KIN 488	Sports Facilities and event Management	3	
KIN 494	Internship in Kinesiology	6	
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 NIC & LC State Credits		120	
LC State Admissions			
www.lcsc.edu/admissions or (208) 792-2378 admissions@lcsc.edu			

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

- This advising guide is based on completion of an Associates degree (AA/AS) in Exercise Science at the North Idaho College with additions made to meet lower division requirements.
- Students who transfer without being core complete may need to take additional LC State General Education core courses.
- 32 Residency (LC State) credits required for graduation/36 must be upper division.

At NIC 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.

9/5/2025