

Department of Kinesiology and Recreation Administration

Bachelor of Science in Kinesiology

Fitness and Wellness Concentration Curriculum Guide(Online)

NAME

ID

FRESHMAN YEAR

S/Grade	<i>Fall Semester</i>			S/Grade	<i>Spring Semester</i>		CrH
	*ENGL 1100	English Composition I	3		*ENGL 1210	ENG Composition II	3
	*MATH.....	College Algebra	3		*HIST 1320	World Societies	3
	*UNIV 1100	First Year Seminar	2		*BIOL 1610	Anatomy/Physiology I	4
	*BIOL 1300	Molecules & Cell Func	4		*HEDU 1531	Health	2
	*KIN1541	Fitness	2		*	Foreign Language II	3
	<KIN	Activity Elective	1				
			15				15

SOPHOMORE YEAR

S/Grade	<i>Fall</i>			S/Grade	<i>Spring</i>		CrH
	*MSCM 1250	Elements of Speech (SI)	3		*HUM	GEC Requirement	2
	*HUM 2410/20	Arts & Humanities	3		# KIN	Weight Training Elective *	2
	^BIOL 1620	Anatomy/Physiology II	4		# KIN2000	Intro to Kinesiology (WI)	3
	^PSY 2100	Gen. Psychology	3		#KIN 2080	Group Exercise Leadership I*	2
	#KIN 1080	Rhy /Aerobic Trai	<u>2</u>		^FOOD	Nutrition Elective	<u>3</u>
	#KIN	KRA Elective	<u>3</u>		#KIN 3560	Prog. Design in Str. & Cond*	<u>3</u>
			17				16

JUNIOR YEAR

S/Grade	<i>Fall</i>			S/Grade	<i>Spring</i>		CrH
	#KIN 4120	Exercise Physiology	3		<KIN 4110	Kinesiology	3
	#KIN3000	Motor Learning*	3		^FOOD	Nutrition Elective	3
	#KIN 3500	Emergency Care*	2		#KIN 4050	Fitness Management *	3
	#KIN 4130	Fitness Assessment*	3		#KIN 4410	Measurement/Evaluation *	3
	<KIN	Free Activity Elective	1		<KIN	KRA Elective	3
	<KIN	KRA Elective	<u>3</u>		<KIN	Elective	2
			15				17

SENIOR YEAR

--	--	--	--	--	--	--

S/Grade			S/Grade	Spring		CrH
	<i>Fall</i>		<i>CrH</i>	#KIN 4640	Directed Professional Experience *	6
	#KIN 4030	Psycho/Social Aspects*	3		Free Elective	3
	#KIN 4500	Adapted Phys. Ed*	3		Free Elective	3
	#KIN 3550	Physical Activity for Aging*	3			
	#KIN 4620	Career Readiness in Kinesiology *	1			
	<KIN	KRA Elective	3			
			13			12

Total Credit Hours: 120

* S/Grade- Insert Semester the course was taken and grade earned

		TOTAL MINIMUM CREDIT HOURS: 120				
1	*General Education Curriculum Required Courses- 37					
2	#KIN -Fitness and Wellness Management Required Courses – 48					
3	<Kinesiology & Recreation Free Elective Courses – 16					
4	^Non-Departmental Required Courses - 13					
5	Free Electives - 6					
	Students must maintain a GPA of 2.5 in their major and must earn a grade					
	"C" or better in all Kinesiology and Recreation Courses					
6	Students will not be allowed to enroll in the course if they have not finished all courses.					
8	(SI) Speaking Intensive (WI) Writing Intensive					