

**COMPREHENSIVE MAJOR: KINESIOLOGY -- HUMAN PERFORMANCE EMPHASIS
2008-09**

Core Courses (18 credits)		Cr.	Pre-Req.	Co-Req.	Tent. Offering
KINS 294	Anatomical Kinesiology	3			Fall & Sp
KINS 304	Biomechanical Kinesiology	3	C or above in 294, Phys 100 or 211, min. GPA 2.35		Fall & Sp
KINS 308	Exercise Physiology	3	C or above in 294 min. GPA 2.35		Fall & Sp
KINS 357	Essentials of Strength & Conditioning	3	KINS 304, 308; KINS 117 rec'd		Fall & Sp
KINS 426	Motor Learning & Development	3	C or above in 294 min. GPA 2.35, 304 & 308 rec'd		Fall & Sp
KINS 474	Research Methods in Kinesiology	3	min GPA 2.75, MATH 246	440	Fall & Sp
Emphasis Core Courses (23 credits)					
KINS 309	Introduction to Human Performance	3	GPA 2.75	304 and 308	Fall & Sp
KINS 355	Human Performance Lab Assessment	3	309, 304, 308	358	Fall & Sp
KINS 358	Health Fitness Instruction	3	309, 304, 308	355	Fall & Sp
KINS 440	Human Performance Seminar	3	309, 355, 358, 464, 498	474	Fall & Sp
KINS 464	Programming in Geront. & Spec. Pop.	3	309, 355 358, consent		Fall & Sp
KINS 466	Community Fitness Programming	1	464 or concurrent enrollment		Fall & Sp
KINS 498	Human Performance Internship	6	309, 355, 358, consent, FA/CPR		Fall, Sp, Su
Select from one of the four following track options					
A. Sport Performance Option (19 credits)			Code: 991-066		
KINS 262	Health Survey	3			Fall & Sp
KINS 275	Prevention & Care of Ath/Ex. Injuries	2	274 or equivalent		Fall, Sp, WI
KINS 277	Prevention & Care of Ath. Injuries-Lab	1	274 or equivalent		Fall, Sp, WI
KINS 292	Management & Coaching Theory	2			Spring
KINS 312	Psychology of Sport & Physical Activity	3	min GPA 2.35		Fall, Sp, Su
Select 8 credits from the following:					
BCOM 206	Business Writing	2	Soph standing		Fall/Sp/Su
BCOM 207	Business Presentations	2	CJ 202		Fall/Sp/Su
KINS 200	Concepts in Kinesiology	3			Fall & Sp
KINS 274	First Aid & Community CPR	1			Fall & Sp
KINS 313	Sociology of Sport & Physical Activity	3	min GPA 2.35		Fall & Sp
KINS 330	Therapeutic Exercise in Ath. Training	3	KINS 310 or consent		Spring
KINS 348	Human Performance Apprenticeship	3	309 or consent		F, Sp, Wi, Su
KINS 420	Medical Aspects of Athletic Training	3	KINS 280		Fall
KINS 450	Applied Nutrition in Kinesiology	3	BIOL 151 or equivalent		Fall/Sp/Su
PSYC 230	Human Development	3	PSYC 100 or 260		Fall/Sp/Su
PSYC 380	Intro to Behavior Modification	3	PSYC 271		
B. Fitness Management Option (19 credits)			Code: 991-067		
ACCT 201	Principles of Accounting	3	Recommend soph standing		Fall & Sp
ACCT 202	Principles of Accounting II	3	ACCT 201		Fall & Sp
BCOM 206	Business Writing	2	Soph standing		Fall/Sp/Su
BCOM 207	Business Presentations	2	CJ 202		Fall/Sp/Su
IS 240	Information systems in Business	3			Fall/Sp/Su
MGMT 340	Organizational Behavior	3	see catalogue!		Fall/Sp/Su
Select 3 credits from the following:					
MGMT 349	Human Resource Management	3	see catalogue!		Fall & Sp
MKTG 330	Principles of Marketing	3	see catalogue!		Fall/Sp/Su
KINS 200	Concepts in Kinesiology	3			Fall & Sp
KINS 348	Human Performance Apprenticeship	3	309 or consent		F, Sp, Wi, Su
NRSRG 333	Wellness in the Work World	3			
C. Health Promotion Option (19 credits)			Code: 991-068		
NRSRG 375	Pharm & Pathophys for Alld Hlth Prof	3	KINS 304, 308 or BIOL 214/314		Fall
NRSRG 220	Language of Health Care	1			Fall & Sp
KINS 262	Health Survey	3			Fall & Sp
KINS 275	Prevention & Care of Ath/Ex. Injuries	2	274 or equivalent		Fall & Sp
KINS 277	Prevention & Care of Ath. Injuries-Lab	1	274 or equivalent, 275 or 192		Fall & Sp
Select 9 credits from the following:					
NRSRG 333	Wellness in the Work World	3			

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NRSG 360	Death and Bereavement	3	SOC 101 or PSYC 100	Spring
NRSG 389	Cross Cultural Health	3	GEOG 111 or SOC 101 or ANTH 161	
KINS 200	Concepts in Kinesiology	3		Fall & Sp
KINS 312	Psychology of Sport & Physical Activity	3	min GPA 2.35	Spring
KINS 330	Therapeutic Exercise in Ath. Training	3	KINS 310 or consent	376 Spring
KINS 445	Basic Electrocardiography	3	BIOL 151 or 214; KINS 308; or consent	Winterim
KINS 450	Applied Nutrition in Kinesiology	3	BIOL 151 or equivalent	Fall/Sp/Su
PHIL 306	Ethics of Health Care	3		
PSYC 230	Human Development	3	PSYC 100 or 260	Fall/Sp/Su
PSYC 333	Psyc. Of Adulthood & Aging	3	Jr. Standing	Spring
PSYC 351	Survey of Abnormal Psychology	3	PSYC 100	Fall & Sp
PSYC 353	Health Psychology	3	PSYC 271	Fall
PSYC 380	Intro to Behavior Modification	3	PSYC 271	
ENPH 450	Epidemiology	3	MATH 245 or 246	
SOC 364	Social Gerontology	3	SOC 101	Sp odd yrs
SW 315	Aging & the Aged	3		Fall

D. Pre-Professional Option (19 credits) Code: 991-069

BIOL 314	Anatomy & Physiology	4	C or above in BIOL 214	Fall & Sp
CHEM 103	General Chemistry I or	5		Fall & Sp
CHEM 115	Chemical Principles	5		Fall & Sp
CHEM 104	General Chemistry II or	5	CHEM 103	Fall & Sp
CHEM 150	Survey of Biochemistry or	3	CHEM 103 or 115 w/C or better	Fall & Sp
CHEM 325	Organic Chemistry I w/ lab	4	CHEM 104 or 115 w C or better	Fall & Sp

Select 5-7 credits from the following: Consult with prof. school requirements when selecting electives

NRSG 375	Pharm & Pathophys for Alld Hlth Prof	3	KINS 304, 308 or BIOL 214/314	Fall
CHEM 326	Organic Chemistry II w/ lab	4	C or above in CHEM 325	Fall & Sp
CHEM 352	Fundamentals of Biochemistry	4	CHEM 326	CHEM 326 Spring
NRSG 220	Language of Health Care	1		Fall & Sp
KINS 200	Concepts in Kinesiology	3		Fall & Sp
KINS 275	Prevention & Care of Ath/Ex. Injuries	2	KINS 274 or equivalent	Fall & Sp
KINS 277	Prevention & Care of Ath Inj. - Lab	1	KINS 274 or equivalent, 275 or 192	Fall & Sp
KINS 310	Therapeutic Modalities in Ath. Training	3	KINS 280 or consent	315 Fall
KINS 330	Therapeutic Exercise in Ath. Training	3	KINS 310 or consent	Spring
KINS 375	Evaluation Techniques-Lower Body	3	KINS 277 or consent of instructor	Spring
KINS 376	Evaluation Techniques-Upper Body	3	KINS 375 or consent of instructor	Fall
KINS 420	Medical Aspects of Athletic Training	3	KINS 280	F
KINS 445	Basic Electrocardiography	3	BIOL 151 or 214; KINS 308; or consent	Winterim
MATH 111	Short Course in Calculus	4	MATH 109	Fall/Sp/Su
MATH 112	Pre-calculus Mathematics	4	MATH 109 or test scores	Fall/Sp/Su
MATH 114	Calculus I	4	MATH 112	Fall/Sp/Su
PHIL 306	Ethics of Health Care	3		Fall 2004
PHYS 212	General Physics	4	PHYS 211,	Fall & Sp
PSYC 230	Human Development	3	PSYC 100 or 260	Fall/Sp/Su
PSYC 333	Psyc. Of Adulthood & Aging	3	Jr. Standing	Spring
PSYC 351	Abnormal Psychology	3	PSYC 100	Fall & Sp

General Education/Baccalaureate Requirements

I. Communications	6	IV. Humanities	9-12
MATH 246	4	V. University wide GE	0-6
II. Natural Sciences	9-12	Foreign Language/Culture Req	0-9
BIOL 151 or BIOL 214		Service Learning	Complete with courses
BIOL 196		Wellness Theory/Physical Act.	Complete with courses
PHYS 100 or PHYS 211 or PHYS 231		English Composition	
III. Social Sciences	9-12		

Degree requirements are subject to change. Students are encouraged to work closely with their advisors.