

Movement Studies Emphasis

Core Courses (15 credits)		Cr.	Pre-Req.	Co-Req.	Offered	Year
KINS 190	Concepts of Kinesiology	3	none		Fall & Sp	Fall 2004
KINS 194	Anatomical Kinesiology	3	none		Fall & Sp	Fall 2004
KINS 304	Biomechanical Kinesiology (194)	3	194, Phys 100 or 211		Fall & Sp	Fall 2004
KINS 308	Exercise Physiology (194)	3	194		Fall & Sp	Fall 2004
KINS 426	Motor Learning & Development	3	190		Fall & Sp	Fall 2004

Emphasis Courses (11 credits)						
KINS 225	Minorities & Inequities in Sport	2			Fall & Sp	Fall 2004
KINS 262	Health Survey	3			Fall & Sp	Fall 2004
KINS 312	Psychosocial Dynamics of Sport	3			Spring	Fall 2004
KINS 476	Senior Seminar	3	KINS major, 2.0 gpa		Spring	Fall 2004

KINS Electives (10 credits from the following)						
KINS 275	Prevention & Care of Injuries	2	274 or equivalent		Fall & Sp	Fall 2004
KINS 277	Prevention & Care Lab	1	274 or equivalent, 275 or 192		Fall & Sp	Fall 2004
KINS 292	Management & Coaching Theory	2			Spring	Fall 2004
KINS 357	Essentials of Strength Training	3	304, 308, Recommend 117 & 355		Fall & Sp	Fall 2005
KINS 474	Research Methods in Kinesiology	3	190, or 191, or 192		Spring	Sp 2006
ADTN 375	Health Promotions & Illness	3	KINS 304 and 308, or Biol 303		Fall	Fall 2004
DNCE 101	Dance Appreciation	3			Fall	Fall 2004
BIOL 196	Human Nutrition	3			Fall & Sp	Fall 2004

General Education/Baccalaureate Requirements			
I. Communications	6	IV. Humanities	9-12
		V. University wide GE	0-6
II. Natural Sciences PHYS 100 or 211	9-12	Foreign Language/Culture Req	0-9
		Service Learning	
III. Social Sciences	9-12	Wellness Theory/Physical Act.	
		English Composition	

Note: This major requires a minor. The minor must be from outside of the Department of Kinesiology

**Academic Plan
Movement Studies**

<p>Semester 1: Fall</p> <p>KINS 190 Introduction to Kinesiology (3) KINS 225 Minorities & Inequities in Sport (2) KINS 194 Anatomical Kinesiology (2) ENG 110 English Composition (5) GE III or GE IV or foreign language (3)</p> <p>Total Credits: 14-15 Credits in Major: 6-7</p>	<p>Semester 2: Spring</p> <p>BIOL 151 Biology of Humans (4) GE I CJ 202 Fundamentals of Speech (3) GE III or GE IV or foreign language(6) Course in minor (2/3)</p> <p>Total Credits: 15-16 Credits in Major: 3 Credits in minor 2-3</p>
<p>Semester 3: Fall</p> <p>KINS 308 Exercise Physiology (3) PHYS 100 Physical Science (4) GE I (3-4) math 104 or higher? Minor (3-4) Physical Activity (if needed) (1)</p> <p>Total Credits: 14-16 Credits in Major: 4 Credits in minor 3-4</p>	<p>Semester 4: Spring</p> <p>KINS 304 Biomechanical Kinesiology (3) KINS and/or major elective (0-3) KINS 262 Health Survey (3) GE III or GE IV (3-6) Minor (3-6)</p> <p>Total Credits: 15-17 Credits in Major: 6-9 Credits in minor (3-6)</p>
<p>Semester 5: Fall</p> <p>KINS and/or major Elective (3-6) Minor (3-6) GE III or GE IV (6) Look at # of upper level credits</p> <p>Total Credits: 14-17 Credits in Major: 3-6 Minor (3-6)</p>	<p>Semester 6: Spring</p> <p>KINS 312 Psychosocial Dynamics of Sport (3) KINS and/or major elective (3-6) GE III or GE IV (3-6) Minor(3-6) Service learning (0) Look at # of upper level credits</p> <p>Total Credits: 15-17 Credits in Major: 6-9 Minor (3-6)</p>
<p>Semester 7: Fall</p> <p>KINS and/or major elective (3-6) KINS 426 Motor Learning & Development (3) Minor (3-6) Foreign lang/culture or diversity if needed (3) Look at # of upper level credits</p> <p>Total Credits: 15-17 Credits in Major: 6-9 Minor 3-6</p>	<p>Semester 8: Spring</p> <p>KINS 476 Senior Seminar (3) KINS and/or major elective (0-6) Minor (3-6) Upper level courses (if needed)</p> <p>Total Credits: 9-15 Credits in Major:3-9 Minor Credits 3-6</p>

**Total Credits: 120 Major Credits: 36
Minor credits 24 Upper Level credits 39
Service learning**