

**Department of Kinesiology**  
**Standard 36 credit Major: Kinesiology-Movement Studies**  
**2009-2010 Academic Catalogue**

**Movement Studies Emphasis**

The Movement Studies emphasis is liberal arts major. It shares the same 4 core courses as other Kins emphases. Students are preparing for similar professions as the human performance emphasis. A minor outside of the department is required for graduation.

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Requirements follow on next page.

**Standard Major: Kinesiology – Movement Studies AY 2009-10**

| <b>Core Courses (Total Credits = 12)</b>   |   | <b>Cr.</b> | <b>Pre-Req.</b>                                     | <b>Co-Req.</b> | <b>Offered</b>    |
|--|---|------------|---|----------------|-------------------|
| KINS 294   | Anatomical Kinesiology                  | 3          | none  |                | Fall & Sp         |
| KINS 304   | Biomechanical Kinesiology               | 3          | C or above in 294, Phys 100 or 211,<br>min GPA 2.35 |                | Fall & Sp         |
| KINS 308   | Exercise Physiology                     | 3          | C or above in 294, Phys 100 or 211,<br>min GPA 2.35 |                | Fall & Sp         |
| KINS 426   | Motor Learning & Development            | 3          | C or above in 294, Phys 100 or 211,<br>min GPA 2.35 |                | Fall & Sp         |
| <b>Emphasis Courses (Total Credits = 12)</b>                                     |   |            |   |                |                   |
| Kins 312   | Psychology of Sport & Physical Activity | 3          |   |                | Fall/Sp/Su        |
| Kins 313   | Sociology of Sport & Physical Activity  | 3          |   |                | Fall & Sp         |
| Kins 357   | Essentials of Strength & Conditioning   | 3          |   |                | Fall & Sp         |
| Kins 476   | Senior Seminar                          | 3          |   |                | Fall & Sp         |
| <b>Electives (12 credits needed)</b>   |   |            |   |                |                   |
| Kins 200   | Concepts in Kinesiology                 | 3          | Only open to freshman &<br>sophomores               |                | varied            |
| Kins 262   | Health Survey                           | 3          |   |                | varied            |
| Kins 275   | Prevention & Care of Exercise Injuries  | 2          |   | Kins 277       | Fall/Sp/w         |
| Kins 277   | Prevention & Care Lab                   | 1          |   | Kins 275       | Fall/Sp/w         |
| Kins 292   | Coaching & Management Theory            | 2          |   |                | Sp                |
| Kins 450   | Applied Nutrition                       | 3          |   |                | Fall/Su           |
| Nrsg 375   | Pharmaco & Pathophys for Alld Hlth Prof | 3          | KINS 304 and 308 or BIOL 214 and<br>314             |                | Fall              |
| Biol 196   | Nutrition                               | 3          |   |                | Fall/Sp           |
| Dnce 101   | Dance Appreciation                      | 3          |   |                | Fall              |
| Minor  | Minimum of 24 credits unique to major   | 24         |   |                |                   |
| <b>General Education/Baccalaureate Requirements (Total Credits = 39 minimum)</b> |   |            |   |                |                   |
| <b>I. Communications</b>   |   | 6          | <b>IV. Humanities</b>                               |                | 9-12              |
| B. Math 104 or higher  |   |            | <b>V. University wide GE</b>                        |                | 0-6               |
| <b>II. Natural Sciences</b>  |   | 9-12       | <b>Foreign Language/Culture Req</b>                 |                | 0-9               |
| D. Biol 151  |   |            | <b>Service Learning</b>                             |                | needed            |
| F. Physics 100 or 211  |   |            | <b>Physical Act.</b>                                | 1cr            |                   |
| <b>III. Social Sciences</b>  |   | 9-12       | <b>Wellness Theory</b>                              | 1cr            |                   |
|  |   |            | <b>English Composition</b>                          | Engl 110       |                   |
| <b>Total Credits = 120</b>   |   |            |   |                | <b>Rev 5/2009</b> |

**Movement Studies Emphasis  
2009-10 Catalogue Semester Plan**

|   |   |
|---|---|
| <p><b><u>Semester 1 &amp; 2: Fall &amp; Spring</u></b><br/> <b>Kins 101 Freshman Seminar (1) Fall semester</b><br/> <b>KINS 294 Anatomical Kinesiology (3)</b><br/>         No prereq courses<br/> <b>PHYS 100 Physical Science (4)</b><br/>         No prerequisite courses<br/> <b>ENG 110 English Composition (5)</b><br/>         *GE III or GE IV (9 cr consider FC course if Foreign Lang will not be used, also soc &amp; psych courses are encouraged)<br/> <b>Math 104 or higher</b><br/> <b>Foreign Lang if foreign culture is not the choice(3)</b><br/> <b>Minor course if known (3)</b></p> <p><i>Total Credits Recommended 1<sup>st</sup> semester: 15-16</i><br/> <i>Total Credits Recommended 2nd semester: 15-18</i></p> |   |
| <p><b><u>Semester 3: Fall</u></b><br/> <b>*CJ 202 Fundamentals of Speech (3)</b><br/>         Prerequisite is C or above in English 110 or equivalent<br/> <b>Kins 304 Biomechanical Kinesiology(3) or</b><br/> <b>Kins 308 Exercise Physiology (3)</b><br/> <b>*GE III, or IV (3)</b><br/> <b>Minor (3)</b></p>  | <p><b><u>Semester 4: Spring</u></b><br/> <b>BIOL 151 Biology of Humans (4)</b><br/> <b>Kins 304 Biomechanical Kinesiology(3) or</b><br/> <b>Kins 308 Exercise Physiology (3)</b><br/> <b>Kins Elective (3) or GE</b><br/> <b>Minor(3-6)</b></p>                                   |
| <p><b><u>Semester 5: Fall</u></b><br/> <b>Kins 426 Motor Development (3)</b><br/> <b>Kins 357 Essentials of Strength and Conditioning (3)</b><br/> <b>Kins Movement Studies Elective(3)</b><br/> <b>Minor (3-6)</b><br/> <b>Any GE(3)</b></p>   | <p><b><u>Semester 6: Spring</u></b><br/> <b>Kins 312 Psychology of Sport &amp; Physical Activity (3) or</b><br/> <b>Kins 313 Sociology of Sport &amp; Physical Activity (3)</b><br/> <b>Kins Movement Studies Elective (3)</b><br/> <b>Minor (3-6)</b><br/> <b>Any GE (3)</b></p> |
| <p><b><u>Semester 7: Fall</u></b><br/> <b>Kins 312 Psychology of Sport &amp; Physical Activity (3) or</b><br/> <b>Kins 313 Sociology of Sport &amp; Physical Activity (3)</b><br/> <b>Kins Movement Studies Elective (3-6)</b><br/> <b>Minor (3-6)</b></p>  | <p><b><u>Semester 8: Spring</u></b><br/> <b>Kins 476 Senior Seminar (3)</b><br/> <b>Kins Movement Studies Elective (3)</b><br/> <b>Minor (3-6)</b></p>  |
| <p><i>Rev 5/2009</i></p>  |   |

This semester plan is one example of an individual plan of study. Students may or may not follow this model. The Movement Studies is fairly flexible, however some minors may require more sequential planning.

