

KINESIOLOGY>BS EXERCISE AND REHABILITATION SCIENCE – 4 YEAR GRADUATION PLAN

(All General Education courses must be from the approved list)

Fall – Freshman (14 credits)

WU 101 The Washburn Experience (3)
EN 101 First Year Writing (3) or EN102 Honors English (3)
KN 250 Intro to Kinesiology (2) and NU102 Medical Terminology (1)
or AL 101 Foundations of Health Care
BI 100 Introduction to Biology (3)
and BI 101 Introduction to Biology lab (2);
or BI 102 General Cellular Biology (5)

Spring – Freshman (14 credits)

MA 116 College Algebra (3)
KN 248 Wellness Concepts and Application (3)
IL 170 Library Research Strategies – **Health Professions** (1)
BI 275 Human Anatomy with lab (4)* (BI 100 and BI 101, or BI102)
Social Science *Gen Ed Elective* – PY 100 Basic Concepts in Psychology (3)

Fall – Sophomore (16 credits)

BI 255 Human Physiology (4)* (BI 100, BI 101)
KN 291 Field Experience I (1)* (KN 248 and AL 101, or KN 250 and NU 102)
KN 266 Microcomputer Appl to Kinesiology (2) (KN or BEd major)
KN Major Elective Requirement (3)*
Humanities *Gen Ed Elective* (3) - Art, Music or Theater
Social Science *Gen Ed Elective* (3)

Spring – Sophomore (17 credits)

CH 121 Gen Org Bio Chemistry (5)* (MA 116)
or CH 151 Fundamentals of Chemistry (5)* (MA 116)
MA 140 Math Statistics (3)* (MA116 or MA 123)
or PY 151 Psychological Statistics (3)* (PY 100)
KN 321 Anatomical Kinesiology (3)* (BI 250 or BI 275)
Social Science *Gen Ed Elective* (3)
Correlated Elective Requirement (3)

Fall – Junior (13-14 credits)

KN 326 Physiology of Exercise (3)* (BI 255)
KN 327 Physiology of Exercise Lab (1)* (must be concurrent with KN 326)
KN 342 Activity Techniques II (2)* (KN 248 and KN 250)
PS 131 Biological Physics for Health & Life Science (3)* (MA 116 or higher)
and PS 132 Biol Physics for Health & Life Science Lab (1)
or PS 261 Coll Physics I (5)* (MA 116, MA 117, MA 123 or MA 151)
Humanities *Gen Ed Elective* (3)

Spring – Junior (18 credits)

EN 300 Advanced Composition (3)
Correlated Elective Requirement (3)
KN 300 Psych of Sport/Phys Activity (3)* (KN248 and KN250, or Junior Standing and consent)
or KN 318 Exercise Psychology (3)* (KN248 and KN250, or Junior Standing and consent)
KN308 Nutrition for Sports and Fitness (3)* (Junior Standing)
KN 330 Admin of Ex and Rehab Sci (3)* (Junior Standing)
KN 357 Sports Performance Training and Reconditioning (3)* (KN 342 and KN 326)

Fall – Senior (18 credits)

KN Major Elective Requirement (3)*
Correlated Elective Requirement (3)
KN 410 Fit Testing and Exercise Prescription (3)* (KN 342 and KN 326)
KN 411 Current Literature in Kinesiology (3)* (KN 3216; MA 140 or PY 151)
Biology Elective (3)
Social Science *Gen Ed Elective* (3)

Spring – Senior (13-15 credits)

KN 403 Biomechanics (3)* (PS 131/PS 132 or PS261, and KN321)
KN Major Elective Requirement (3)
Humanities *Gen Ed Elective* (3)
Biology Elective (3)
Biology Elective (1-3)

KEY: * = prerequisite required (revised for Fall 2021)