# Kinesiology Exercise Physiology Concentration - Graduation Plan

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

## Fall - Freshman
- WU 101 The Washburn Experience (3)
- EN 101 Freshman Composition (3) or EN102 Honors English (3)
- KN 250 Introduction to Kinesiology (2)
- BI 100 Introduction to Biology – **Health Emphasis** (3)
- BI 101 Introduction to Biology lab (2)

## Spring - Freshman
- KN 248 Wellness Concepts and Application (3)
- Social Science **Gen Ed Elective** – **SO General Sociology** (3)
- Social Science **Gen Ed Elective** – **PY 100 Basic Concepts in Psychology** (3)
- Humanities **Gen Ed Elective** – **Art, Music or Theater** (3)
- MA 116 College Algebra (3)

## Fall - Sophomore
- BI 250 Human Anatomy (3) *(BI 100)*
- Humanities **Gen Ed Elective** (3)
- MA 140 Statistics (3) or PY 151 Psychological Statistics (4)
- KN 320 Motor Learning (3)
- KN 333 Microcomputer Applications to Kinesiology (2)

### KN Required Activity Course
- (take either fall or spring - recommend upper division course)
- *(choose one: KN260,261,357,360,361,365 – each two credits)*

## Spring - Sophomore
- KN 257 Prevention & Care of Athletic Injuries (3)
- KN 300 Psychology of Sport/Phys Activity (3) or KN 318 Exercise Psychology (3)
- KN 321 Anatomical Kinesiology (3) *(BI 250)*
- CH 121 General Chemistry (5)

## Fall - Junior
- EN 300 Advanced Composition (3)
- BI 255 Human Physiology (4) *(BI 100, BI101)*
- PS 102 Introduction to Physics – **Health Emphasis** (3)
- SO 315 Sociology of Sport (3) *(SO 100)*
- Foreign Language @ 101 level (4)

## Spring - Junior
- KN 308 Nutrition for Sports and Fitness (3) *(HL152)*
- KN 326 Physiology of Exercise (3) *(BI 255)*
- Social Science **Gen Ed Elective** (3)
- Humanities **Gen Ed Elective** (3)
- Foreign Language @ 102 level (4)

## Fall - Senior
- KN 400 Planning and Leading Exercise (2) *(KN 321 and KN 326)*
- KN 410 Fitness Testing and Exercise Prescription (3) *(KN 326)*
- KN 411 Current Literature in Kinesiology (3) *(KN 326)*
- KN 496 Synthesis and Application (2) *(All Core courses completed)*
- Social Science **Gen Ed Elective** (3)
- Humanities **Gen Ed Elective** (3)

## Spring – Senior
- Social Science **Gen Ed Elective** (3)
- Humanities **Gen Ed Elective** (3)
- Upper Level course (3)
- Upper Level course (3)
- Upper Level course (3)
- KN 494 Internship (1) *(Must have current First Aid and CPR certifications)*

**KEY:**  * = prerequisite required

*(revised for Fall 2015)*