

Name: \_\_\_\_\_

Advisor: \_\_\_\_\_ WIN: \_\_\_\_\_

Catalog year: \_\_\_\_\_

**CORE REQUIREMENTS: 18 credits (C Minimum)**

- \_\_\_ KN 248 Wellness Concepts and Application (3)
- \_\_\_ KN 250 Introduction to Kinesiology (2)
- \_\_\_ KN 320 Motor Learning (3)\* (KN248 & KN250)
- \_\_\_ KN 321 Anatomical Kinesiology (3)\* (BI 250 or BI 275)
- \_\_\_ KN 326 Physiology of Exercise (3)\* (BI 255)
- \_\_\_ KN 333 Microcomp Appl to Kines(2)\* (KN, PE or AT major, plus KN248 & KN250)
- \_\_\_ KN 476 Synthesis and Application in Kinesiology (2)\* (all Core courses)

**INTEREST AREA & CONCENTRATION REQUIREMENTS:  
22 credits (C Minimum)**

- \_\_\_ KN 257 Prevention and Care of Athletic Injuries (3)  
**OR** KN 335 Human Factors and Ergonomics (3)
- \_\_\_ KN 300 Psych of Sport and Phys Act (3)\*(KN248 & KN250, or 54 cr hrs and consent)  
**OR** KN 318 Exercise Psychology (3)\* (KN248 & KN250, or 54 cr hrs and consent)
- \_\_\_ KN 308 Nutrition for Sports and Fitness (3)\* (54 cr hrs completed)
- \_\_\_ KN 410 Fitness Testing & Exercise Prescription (3)\* (KN 326, MA140 or PY151)
- \_\_\_ KN 411 Current Literature in Kinesiology (3)\* (KN 326, MA140 or PY151)
- \_\_\_ PY 151 Psych Statistics (3)\* (recommended) (C min in PY100 or concurrent)  
**OR** MA140 Statistics (3)\* (C min in MA112 or MA116 or MA123)
- \_\_\_ SO 315 Sociology of Sport (3)\* (SO 100)

\_\_\_ ***(CURRENT First Aid & CPR certifications required prior to start of Internship)***

\_\_\_ KN 494 Internship (1-12)\*

***(ALL Core, Interest Area and Concentration courses completed)*****ACTIVITY REQUIREMENTS: 4 credits (C Minimum)****(KN activity class or KN341/342/343/344/345/357)**

- \_\_\_ KN 400 Planning and Leading Exercise (2)\* (KN 321 and KN 326)
- \_\_\_ KN ( ) ( )
- \_\_\_ KN ( ) ( )

**KEY: \* = prereq required and shown in parentheses that follow  
*italicized & bold* = required Gen Ed Distribution courses****PRE-REQUISITE SCIENCE REQUIREMENTS: 7 credits**

- \_\_\_ BI 250 Introduction to Human Anatomy (3)\* (BI 100)
- \_\_\_ BI 255 Human Physiology (4)\* (BI 100 and BI 101)

**REQUIRED GENERAL EDUCATION: 16 credits (C Minimum)*****(All Gen Ed courses must be from the approved list)***

- \_\_\_ **WU 101** The Washburn Experience (3)
- \_\_\_ **EN 101** Freshman Comp (3) **OR** EN102 Honors English (3)
- \_\_\_ **EN 300** Advanced Comp (3)\* (EN 101 or EN 102)
- \_\_\_ **MA 116** Coll Algebra (3) (recomnd) or **MA 112** Essential Math (3)
- \_\_\_ **FL** ( ) (4) (@102 level) ("**D**" minimum or P/F)

**NATURAL SCIENCES AND MATH DISTRIBUTION: 12 credits****(AS, BI, CH, IL170, PS, AS, GL, MA) (C Minimum)****(maximum 6 credits any one discipline; can be 8 credits if course work comes from BI, CH or PS)**

- \_\_\_ BI 100 Intro to Biology (3)
- \_\_\_ BI 101 Introductory Biology Lab (2)\* (BI 100 or concurrent)
- \_\_\_ **CH 121 General Chemistry (5)**
- \_\_\_ **PS 102 Intro to Physics-Health (preferred) (3) or PS 101 (3)**

**HUMANITIES DISTRIBUTION: 15 credits from 3 areas****(AR, CN, EN, FL, IL170, MM, MU, PH, RG, TH)****(max 6 credits any one discipline) (3 cr from AR, MU or TH)**

- \_\_\_ Elective ( ) (3)                      \_\_\_ Elective ( ) (3)
- \_\_\_ Elective ( ) (3)                      \_\_\_ Elective ( ) (3)
- \_\_\_ Elective ( ) (3)

**SOCIAL SCIENCES DISTRIBUTION: 15 credits from 3 areas****(AN, EC, GG, HI, IL170, PO, PY, SO)****(max 6 credits any one discipline)**

- \_\_\_ **SO 100 General Sociology (3) (C Minimum)**
- \_\_\_ Elective ( ) (3)                      \_\_\_ Elective ( ) (3)
- \_\_\_ Elective ( ) (3)                      \_\_\_ Elective ( ) (3)

**KINESIOLOGY DEPARTMENT**

**BA - EXERCISE PHYSIOLOGY**

**a. A minimum of 45 upper division (≥300 level) credit hours are required for graduation.**

**b. KN248 is a General Education course and cannot be used to fulfill major course requirements in this degree plan.**

<u>  3  </u> KN 300 OR 318	(KN 341, 342, 343, 344, 345, or 357)	<u>  3  </u> EN 300
<u>  2  </u> KN 333		<u>  3  </u> SO 315
<u>  3  </u> KN 308	<u>    </u> KN (_____) (Elective)	<u>    </u> (_____) (Elective)
<u>  3  </u> KN 320	<u>    </u> KN (_____) (Elective)	<u>    </u> (_____) (Elective)
<u>  3  </u> KN 321	<u>    </u> KN (_____) (Elective)	<u>    </u> (_____) (Elective)
<u>  3  </u> KN 326	<u>    </u> KN (_____) (Elective)	<u>    </u> (_____) (Elective)
<u>  2  </u> KN 400		
<u>  3  </u> KN 410		
<u>  3  </u> KN 411		
<u>  2  </u> KN 476		
<u>    </u> KN 494 Internship (1-12)		
<u>    </u> <b>TOTAL UPPER DIVISION</b>		

