



[Bachelor of Arts in Kinesiology in Health and Fitness Promotion]

First Year					
Fall			Spring		
Number	Title	Hours	Number	Title	Hours
WU 101	The Washburn Experience ⁰⁷⁰	3	KN 248	Wellness Concepts and Application ^{a,d}	3
EN 101	Introductory College Writing ^{(SGE) 010, a}	3	MA 112	Contemporary College Math ^{(SGE) 030, a}	3
KN 250	Introduction to Kinesiology ^a	2	EN 200	Intermediate College Writing ^{(SGE) 010,a}	3
BI 1XX	BI 100 Human Biology/BI 101 Human Biology Lab ^{a,d} OR BI 192 General Cellular Biology ^{a,d}	5	CN XXX	Communication Studies ^{(SGE), 020, a}	3
KN 266	Microcomputer Applications in Kinesiology ^a	2	PY 100	Basics Concepts in Psychology ^{050, a}	3
Total Hours		15	Total Hours		15

Second Year					
Fall			Spring		
Number	Title	Hours	Number	Title	Hours
KN 257	Prevention and Care of Athletic Injuries ^a	3	KN 321	Anatomical Kinesiology ^a	3
XX XXX	Inclusion and Belonging ^{(SGE) 070}	3	KN 342	Physical Education Activity Techniques ^a	2
XX XXX	Non-Kinesiology Elective ^a	3	XX XXX	Social and Behavioral Sciences ^{(SGE), 050}	3
XX XXX	Arts and Humanities Gen Ed ^{(SGE) 060}	3	XX XXX	Non-Kinesiology Elective ^a	3
BI 2XX	BI 250 Human Anatomy OR BI 275 Human Anatomy with Lab	3-4	BI 255	Human Physiology	4
Total Hours		15-16	Total Hours		15

Third Year					
Fall			Spring		
Number	Title	Hours	Number	Title	Hours
KN 3XX	KN 300 Psych of Sport and Phys Activity OR KN318 Exer Psych ^a	3	XX XXX	Choose ONE of: AL 320, CN 306, HS 371, MU 307, OR SO 315 a	3
KN 3XX	KN 306 Org & Admin in Kinesiology OR KN318 Admin of Exer and Rehab Sci ^a	3	XX XXX	Choose ONE of: AL 320, CN 306, HS 371, MU 307, OR SO 315 a	3
KN 308	Nutrition for Sports and Fitness ^a	3	KN 326	Physiology of Exercise ^a	3
XX XXX	Scientific Reasoning and Literacy ^{(SGE), 070}	3	KN XXX	Non-Kinesiology Elective ^a	3
FL XXX	Foreign Language 1 ^b	4	FL XXX	Foreign Language 2 ^b	4
Total Hours			Total Hours		

Fourth Year					
Fall			Spring		
Number	Title	Hours	Number	Title	Hours
HL 377	Critical Issues in Health ^{a, b}	3	XX XXX	Social and Behavioral Sciences ^{(SGE), 050}	3
KN 410	Fitness testing and Exercise Prescription ^a	3	PY 326	Health Psychology ^a	3
KN XXX	Kinesiology Program Elective ^a	1-3	KN XXX	Kinesiology Program Elective ^a	1-3
EN XXX	Upper Division Writing ^a	3	XX XXX	Social and Behavioral Sciences ^{(SGE), 050}	3
XX XXX	Arts and Humanities Gen Ed ^{(SGE) 060}	3	XX XXX	Non-Kinesiology Elective ^a	2-3
XX XXX	Non-Kinesiology Elective ^a	2-3	XX XXX	Non-Kinesiology Elective ^a	3
Total Hours		15-18	Total Hours		15-18

Fourth Year		
Summer		
Number	Title	Hours
KN 498	Internship – Health and Fitness Prom	3
Total Hours		3

^a Grade of "C" or higher is required

^b Offered in Fall semester only

^c Offered in Spring semester only

^d Course can also fulfill a general education requirement; discuss with advisor

Systemwide General Education (SGE) Key

010 English

020 Communications

030 Math and Statistics

040 Natural and Physical Sciences

050 Social and Behavioral Science

060 Arts and Humanities

070 Institutionally Designated

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