

NAME: \_\_\_\_\_ WIN: \_\_\_\_\_

ADVISOR: \_\_\_\_\_

**BACHELOR OF ARTS IN KINESIOLOGY IN HEALTH AND FITNESS PROMOTION**

**MAJOR REQUIREMENTS: (40 credits: C minimum)**

KN 248 Wellness Concepts and Application (3)
KN 250 Introduction to Kinesiology (2)
KN 257 Prevention and Care of Athletic Injuries (3)
KN 266 Microcomputer Applications to Kinesiology (2) (Prereq: KN or PE Major)
KN 300 Psychology of Sport and Physical Activity (3) (Prereq: KN 248 and KN 250, or Junior Standing and consent) <b>OR</b> KN 318 Exercise Psychology (3) (Prereq: KN 248 and KN 250, or Junior Standing and consent)
KN 306 Organization and Admin in Kinesiology (3) (Prereq: KN 248 and KN 250, or Junior Standing and consent) <b>OR</b> KN 330 Admin of Exercise and Rehab Science (3) (Prereq: KN 291 and Junior Standing)
KN 308 Nutrition for Sports and Fitness (3) (Prereq: Junior Standing or consent)
KN 321 Anatomical Kinesiology (3) (Prereq: BI 250 or BI 275)
KN 326 Physiology of Exercise (3) (Prereq: BI 255)
KN 342 Physical Education Activity Techniques II (2) (Prereq: KN 248, KN 250)
HL 377 Critical Issues in Health (3) (Prereq: KN248 or consent)
KN 410 Fitness Testing and Exercise Prescription (3) (Prereq: KN 342 and KN 326)
KN Electives: ( <b>choose TWO of the following – minimum 4 credits</b> ): ___ KN 335 Human Factors and Ergonomics (3) (Prereq: Junior Standing or consent) ___ KN 357 Sports Perform Training & Conditioning (3) (Prereq: BI 255 and KN 342) ___ KN 411 Current Literature in Kinesiology (3) (Prereq: KN 326; PY151 or MA140) ___ KN Elective: (            ) (1-3) (cannot be from 100 level activity courses)
KN 498 <b>Internship</b> (3) (Prereq: all Major requirements completed & current FA/CPR on file)

**REQUIRED COURSES OUTSIDE THE DEPARTMENT: (50-51 credits) (C minimum)**

BI 100 Human Biology (3) and BI 101 Human Biology Laboratory (2) ( <b>C minimum</b> ) <b>OR</b> BI 192 General Cellular Biology (5) ( <b>C minimum</b> )
BI 250 Introduction to Human Anatomy (3) (Prereq: BI 100 or BI 102) <b>OR</b> BI 275 Human Anatomy with Lab (4) (Prereq: BI 100 and BI 101, or BI 192)
BI 255 Human Physiology (4) (Prereq: BI 100 and BI 101, or BI 192)
WU 101 First Year Experience (3)
EN 300 Advanced College Writing (3) <b>OR</b> EN 308 Scientific and Technical Writing (3)
PY 100 Basic Concepts in Psychology (3)
PY 326 Health Psychology (3) (Prereq: PY100)
<b>CHOOSE TWO of the following: (C minimum)</b>
AL 320 Human Disease (3) (Prereq: BI 230 or BI 250 or BI 255 or BI 275)
CN 306 Health Communication (3)
HS 371 Aging and Mental Health (3)
MU 307 Music and the Brain (3) (Prereq: BI 100 or higher, or consent of instructor)
SO 315 Sociology of Sport (3) (Prereq: SO 100)

	<b>NON-KINESIOLOGY ELECTIVES: (minimum 16 credits - at least 3 are upper division) (C Min)</b>
	Elective: ( ) ( )
	Elective: ( ) ( )
	Elective: ( ) ( )
	Elective: ( ) ( )
	Elective: ( ) ( )
	Elective (≥300 level): ( ) ( )
	<b>FOREIGN LANGUAGE (102 level)</b>
	( ) ( )

**GENERAL EDUCATION DISTRIBUTION REQUIREMENTS: (34-35 credits)**

	EN 101 Introductory Composition (3) ( <b>C minimum</b> )
	EN 200 Intermediate Composition (3) ( <b>C minimum</b> )
	MA 112* Contemporary College Math (3) (* or higher math course) ( <b>C minimum</b> )
	CM XXX Communication Studies (3) (CN 101, CN 150, or CN 351) ( <b>C minimum</b> )
	<b>HUMANITIES (GEHU/GECPA): (Choose from: AR, CN, EN, FL, HI, IL170, MM, MU, PH, RG, TH)</b>
	Humanities XXX** (3) (** cannot be from two courses in the same discipline)
	Humanities XXX** (3) (** cannot be from two courses in the same discipline)
	<b>SOCIAL SCIENCES (GESS): (Choose from: AN, EC, GG, IL170, KN, PO, PY, SO)</b>
	Social Science XXX** (3) (** cannot be from two courses in the same discipline)
	Social Science XXX** (3) (** cannot be from two courses in the same discipline)
	<b>NATURAL SCIENCES/MATHEMATICS (GENS): (Choose from: AS, BI, CH, CM, GL, MA, PS, IL170)</b>
	Natural Science with associated Lab (4-5)
	<b>INCLUSION AND BELONGING XXX*** (3) (*** WU Specific; Includes all existing WU Gen Ed courses that already have these as Learning Outcomes)</b>
	<b>SCIENTIFIC REASONING AND LITERACY XXX*** (3) (*** WU Specific; Includes all existing WU Gen Ed courses that already have these as Learning Outcomes)</b>