

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

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

Fall – Freshman (16 credits)

WU 101 The Washburn Experience (3)
EN 101 Freshman Composition (3) or EN102 Honors English (3)
KN 250 Intro to Kinesiology (2) or AL101 Intro to Health Care (3)
BI 100 Introduction to Biology – **Health Emphasis** (3)
 and BI 101 Introduction to Biology lab (2);
 or BI 102 General Cellular Biology (5)
Humanities *Gen Ed Elective* (3) - Art, Music or Theater (3)

Spring – Freshman (14 credits)

MA 116 College Algebra (3) or MA 112 Essential Mathematics (3)
KN 248 Wellness Concepts and Application (3)
NU102 Medical Terminology (1)
IL 170 Library Research Strategies – **Health Professions** (1)
Humanities *Gen Ed Elective* (3)
Social Science *Gen Ed Elective* – PY 100 Basic Concepts in Psychology (3)

Fall – Sophomore (16 credits)

BI 275 Human Anatomy with lab (4)* (BI 100 and BI 101, or BI102)
KN 291 Field Experience I (1)* (KN 248 and AL 101, or KN 250 and NU 102)
KN Major Elective Requirement (3)*
Social Science *Gen Ed Elective* (3)
KN 266 Microcomputer Applic to Kinesiology (2) (KN or PE major)
Humanities *Gen Ed Elective* (3)

Spring – Sophomore (17 credits)

KN 321 Anatomical Kinesiology (3)* (BI 250)
BI 255 Human Physiology (4)* (BI 100, BI 101)
Social Science *Gen Ed Elective* (3)
MA 140 Math Statistics (3) or PY 151 Psychological Statistics or (3)
PS 131 Biological Physics for Health and Life Science (3)* (MA 116 or higher)
 and PS 132 Biological Physics for Health and Life Science Lab (1)
 or PS 261 College Physics I (5)* (MA 116, MA 117, MA 123 or MA 151)

Fall – Junior (14 credits)

KN Major Elective Requirement (3)*
CH 121 Gen Org Bio Chemistry (5)* (MA 116)
 or CH 151 Fundamentals of Chemistry (5)* (MA 116)
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 & KN 250)

Spring – Junior (17 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 (2)* (KN 342 and KN 326)

Fall – Senior (15 credits)

KN Major Elective Requirement (3)*
KN 403 Biomechanics (3)* (PS 131/PS 132 or PS261, and KN321)
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)

Spring – Senior (10-12 credits)

Correlated Elective Requirement (3)
Correlated Elective Requirement (3)
Biology Elective (3)
Biology Elective (1-3)

KEY: * = prerequisite required

(revised for Fall 2018)