

The recommended four-year plan is designed to provide a blueprint for students to complete their degrees within four years. These plans are the recommended sequences of courses. Students will work with their Academic Advisor to develop a more individualized plan to complete their degree.

This recommended Four-Year Plan is applicable to students admitted during the 2019-2020 academic year.

Total Credits Required: 120 credits

Required GPA for Graduation: 2.0 institutional GPA (All major courses require a C or better)

Legend is available on the last page of this document.

Year 1									
Fall				Spring				Summer	
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads	
ENGL 1101	English Composition I	3	A	ENGL 1102	English Composition II	3	A	Notes	
Area A Math	Area A2 MATH Selection	3	A	MATH 1401	Elementary Statistics	3	D		
CHEM 1211K	Principles of Chemistry I	4	D & Cognate	BIOL 1107	Principles of Biology	3	D & Cognate		
GC1Y 1000	Critical Thinking	3	D	BIOL 1107	Principles of Biology lab	1	D & Cognate		
KINS 0001	First Year Academic Seminar	1		Area E	Social Sciences Select - 1st of 3	3	E		
				Area C1	Humanities and Ethics options	3	C		
Total		14		Total		16			

ENGL 1101, ENGL 1102 and Area A MATH must be completed by 30 overall hours earned.

Year 2									
Fall				Spring				Summer	
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads	
BIOL 2160	Anatomy & Physiology I	4	F	BIOL 2170	Anatomy & Physiology II	4	F	Notes	
KINS 2331	Medical Terminology	1	F	KINS 2210	Methods of Corrective Movement	3	F		
KINS 2200	Intro to Exercise Biochemistry	3	F	KINS3103	Structural Kinesiology	3	Major		
Area E	Social Sciences Select - 2nd of 3	3	E	Area C2	Fine Arts	3	C		
GC2Y 2000	Global Perspectives	4	B	PSYC 1101	Social Sciences Select - 3rd of 3	3	E		
Total		15		Total		16			
GC2Y 2000 should be completed in the second year.									
Year 3									
Fall				Spring				Summer	
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads	
KINS 2323	Nutrition	3	F	KINS 4203	Exercise Prescription	3	Major	Notes	
KINS3203	Physiology of Exercise	3	Major	KINS 3212	Practicum I	2	Major		
KINS3262	Exercise Testing	3	Major	KINS 3233	Methods of Res. Training	2	Major		
KINS 4813	Research Methods	3	Major	KINS 3223	Biomechanics	3	Major		
PHYS 1111	Intro to Physics	3	Cognate	PSYC 2103	Intro to Human Development	3	Major		
PHYS 1111L	Intro to Physics Lab	1	Cognate		Elective- <i>any level</i>	3			
Total		16		Total		16			
Meet with Clinical Coordinator for SHHP to determine internship before fall semester of senior year									

Year 4									
Fall				Spring				Summer	
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads	
KINS 4253	Applied Research in Ex Science	1	Major	KINS 4233	Clinical Exercise Physiology	3	Major	Notes	
KINS 3200	Exercise & Sports Nutrition	3	Major	KINS 4206	Internship	12	Major		
PSYC 3200	Abnormal Psychology	3	Major						
	Elective- <i>any level</i>	3							
	Elective- <i>any level</i>	3							
Total		13		Total		15			

Legend

- Area** This section of the plan references the area of the curriculum the course fulfills.
- A=Core Area A: Communication and Quantitative Skills
 - B=Core Area B: Institutional Options
 - C=Core Area C: Humanities and Fine Arts
 - D=Core Area D: Science, Technology, and Math
 - E=Core Area E: Social Sciences
 - F=Core Area F: Major Directed Core
 - Major=Major Required Course
 - Elective=a course a student chooses to help meet overall graduation hours.