

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	A1	ENGL 1102	English Composition II	3	A1	<b>Notes</b>	
Area A Math	Area A2 MATH Selection	3	A2	MATH 1401	Elementary Statistics	3	D		
Area D	CHEM 1151K	4	D & Cognate	Area D	Any BIOL class	4	D &		
GC1Y 1000	Critical Thinking	3	B	Area C1	Humanities and Ethics	3	C1		
KINS 0001	First Year Academic Seminar	1		Area E	Social Sciences Select - 1st of 3	3	E		
<b>Total</b>		<b>14</b>		<b>Total</b>		<b>16</b>			
<b>ENGL 1101, ENGL 1102 and Area A MATH must be completed by 30 overall hours earned.</b>									

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	
HSCS 2813 or BIOL 2160	Anatomy of Human Movement or Anatomy & Physiology I	4	F	HSCS 2823 or BIOL 2170	Physiology of Human Movement or Anatomy & Physiology II	4	F	<b>Notes</b>	
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	C2		
GC2Y 2000	Global Perspectives	4	B	PSYC 1101	Social Sciences Select - 3rd of 3	3	E		
<b>Total</b>		<b>15</b>		<b>Total</b>		<b>16</b>			
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 4101	Foundations of Therapeutic Medicine	3	Major	<b>Notes</b>	
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 4104	Prevention & Emergency Care	3	Major	KINS 3223	Biomechanics	3	Major		
PHYS 1111	Intro to Physics	3	Cognate	KINS 4813	Research Methods & Statistics	3	Major		
PHYS 1111L	Intro to Physics Lab	1	Cognate		<i>Elective-any level</i>	3			
<b>Total</b>		<b>16</b>		<b>Total</b>		<b>16</b>			
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 3200	Exercise & Sports Nutrition	3	Major	KINS 4233	Clinical Exercise Physiology	3	Major	<b>Notes</b>	
KINS 4213	Essentials of Strength & Conditioning	3	Major	KINS 4206	Internship	6	Major		
PSYC 3200	Abnormal Psychology	3	Major		Elective- <i>any level</i>	3			
KINS 3212	Practicum I	2	Major						
KINS 4203	Exercise Prescription	3	Major						
	Elective- <i>any level</i>	1							
<b>Total</b>		<b>15</b>		<b>Total</b>		<b>12</b>			

**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.