

Kinesiology Academic Four-Year Plan

Use this page as a guide, not a rigid plan

Freshman Year: Fall Semester through Summer Semester (28 credits by end of Summer Semester)

WRA 101	(4)
*MTH XXX: (103 and 114, or 116 or 124 or 132)	(3-6)
ISS 2XX:	(4)
CEM 141 & 161: General Chemistry (4) and Lab 1 (1)	(5)
KIN 121: The Healthy Lifestyle	(3)
KIN 173: Foundations of Kinesiology	(3)
Electives:	(3-9)

Sophomore Year: Fall Semester through Summer Semester (56 credits by end of Summer Semester)

IAH 201-210:	(4)
ISS 3XX:	(4)
PSL 250: Introductory Physiology	(4)
KIN 216: Applied Human Anatomy	(3)
KIN 251: Principles of Human Movement	(4)
Electives:	(9-12)

See suggested electives page. Courses could also be used for Minor or Pre-Professional preparation

Any courses left from freshman year

Junior Year: Fall Semester through Summer Semester (88 credits by end of Summer Semester)

IAH 211-241:	(4)
KIN 250: Measurement in Kinesiology	(3)
KIN 310: Physiological Bases of Physical Activity	(3)
KIN 360: Physical Growth/Motor Behavior	(3)
Cognate courses:	
-Examples include:	
- KIN 125: First Aid and Personal Safety	(3)
- KIN 371: Intro Research Methods KIN	(3)
Electives:	(9-12)

See suggested electives page. Courses could also be used for Minor or Pre-Professional preparation

Any courses left from previous years

Senior Year: Fall Semester through Spring Semester (120-123 credits by Spring Semester or Summer Semester)

KIN 330: Biomechanics of Physical Activity	(3)
KIN 345 or KIN 445: Tier II Writing Course	(3)
Cognate courses to reach 120 credits:	
-Examples include:	
- KIN 217: Applied Human Anatomy Lab	(1)
- KIN 365: Sensorimotor Control	(3)
- KIN 411: Lab Exp in Exercise Physiology	(2)
- KIN 465: Adaptive Physical Activity	(3)
KIN 492 or KIN493: Senior Internship	(3-6)
Electives:	(12-15)

See suggested electives page. Courses could also be used for minor or Pre-Professional preparation

Any courses left from previous years