

# College of Education and Psychology

## 2023-2024 Kinesiology Degree Plan

***Official Plan for Kinesiology Careers : Athletic Director, Camp Director, Fitness Instructor, Coach, Personal Trainer, Sports Administration/Management, Strength & Conditioning Coach, etc.***

### FIRST YEAR - FRESHMAN

<u>Fall Semester</u>		<u>Spring Semester</u>	
	Cultural and Aesthetic Awareness * (Global Citizenship)		Cultural and Aesthetic * Awareness(Intercult Know & Comp)
BIOL	1114 * Gen Biology ( <i>Recommended</i> )	CHEM	1114 * Gen Chemistry I ( <i>Recommended</i> )
ENG	1113 * Freshman Composition I	ENG	1213 * Freshman Composition II
KIN	2122 * Choices in Wellness	PS	1113 * United States Government
MATH	1513 * College Algebra ( <i>Recommended</i> ) [++]	PSYCH	1113 * General Psychology ( <i>Recommended</i> )
UNIV	1001 * Freshman Seminar		

**16 TOTAL HOURS**

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### SECOND YEAR - SOPHOMORE

<u>Fall Semester</u>		<u>Spring Semester</u>	
FIN	1113 * Financial Literacy ( <i>Recommended</i> )	---	3 Elective
HIST	24-3 * United States History Survey	KIN	2223 Sports Nutrition
KIN	1963 Introduction to Kinesiology	KIN	2273 First Aid
KIN	2183 * Basic Nutrition ( <i>Recommended</i> )	KIN	2433 Theory of Coaching
KIN	2413 Applied Anatomy	KIN	2713 Care and Prevention of Athletic Injuries

**15 TOTAL HOURS**

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### THIRD YEAR - JUNIOR

<u>Fall Semester</u>		<u>Spring Semester</u>	
---	3 Elective	---	3 Elective
KIN	3353 Research and Evaluation of Kinesiology	KIN	3103 Technology in Kinesiology
KIN	3563 Health Promotion	KIN	3233 Adapted Physical Education
KIN	3613 Motor Learning	KIN	3303 Fundamentals of Sports Administration
KIN	3883 Legal Aspects of Kinesiology	KIN	3723 Biomechanics

**15 TOTAL HOURS**

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### FOURTH YEAR - SENIOR

<u>Fall Semester</u>		<u>Spring Semester</u>	
---	3 Elective	---	3 Elective
---	3 Elective	KIN	4153 Organization and Administration
KIN	3733 Physiology of Exercise	KIN	4284 Practicum
KIN	4223 Strength and Conditioning	KIN	4623 Exercise Testing and Prescription
KIN	4593 Psychology of Sports		

**15 TOTAL HOURS**

**13 TOTAL HOURS**

**TOTAL DEGREE PLAN HOURS 120**

\*General Education Requirement

[++] Minimum of Math 1413: Survey of Mathematics is **REQUIRED** for this degree