

Exercise & Fitness Emphasis

Notice, this chart is only a suggestion. To meet the requirements for graduation, check your STAR report.

Fall Year 1					Spring Year 1					
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits	
Nat Sci	26-105	Biological Concepts		4	Nat Sci	26-211	Human Anatomy (26-105)		3	
	77-121	Orientation to Kinesiology	T 3-4	1		77-122	Kinesiology Admission Seminar	R 3-4	1	
	77-170	Medical Terminology	M 6-7	1		77-171	Prevention, Recognition of Athl Inj	TR 8-9	2	
Eng Comp	88-188	Writing Based Inquiry		3		77-173	Applied Anatomy & Kinesiology	MWF 12:40-1:40	2	
Phys Ed	77-105	Active Lifestyle		2	Comm	96-111	Fund. of Speech Communication		3	
Math	67-104	College Algebra or Placement		3	SS	86-101	Introductory Psychology		3	
				Total					Total	14

Fall Year 2					Spring Year 2					
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits	
Nat Sci	26-212	Human Physiology (26-211)		4		77-350	Exercise Physiology (26-212; admitted)	MWF 9:10-10:10	3	
	77-280	Biomechanics (26-211 & 26-212conc; admitted)	MWF 8-9	3		77-351	Clin Nutrition & Wt Mngmnt (26-212; admitted)	TR 8-9:30	3	
	77-201	Strength Training Techniques (admitted)	TR 9:40-10:40 or M	1	SS		History		3	
SS		Elective Social Science		3	Nat Sci		Lab Science course other than Biology		4	
SS		Anthropology		3	Math		Statistics 86-203 or 92-281 or 67-201		3	
		Elective		3					Total	16
				Total					Total	17

Fall Year 3					Spring Year 3					
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits	
	77-361	Medical Aspects of Exercise (77-350)	MWF 9:10-10:10	3		77-349	Behavioral Aspects in Ex (86-101; admitted)	TR 8-9:30	3	
	77-368	Research Techniques (statistics; admitted)	MW 8-9	2		77-370	Princ of Weight Training & Conditioning (77-350)	MWF 10:20-11:20	3	
	77-352	Fitness Assessment Techniques (77-350)	TR 1:20-2:50	3		77-405	Leadership in Exercise and Fitness (77-350; 77-201)	TR 9:40-11:10	2	
Hu, ES		Religious Studies		3	Hu		Fine Art or Foreign Lang Humanities		3	
Hu, NW		English Literature		3	Nat Sci		Lab Science course other than Biology		4	
		Elective		3					Total	15
				Total					Total	17

Fall Year 4					Spring Year 4					
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits	
	77-331	Motor Learning (86-101; admitted)	MWF 10:20-11:20	2		77-480	Kinesiology Internship		12	
	77-407	Clinical Exp in Exercise and Fitness (77-405)	M-R 11:30-12:30	3					Total	12
	77-425	Current Topics in Kinesiology (77-350)	W 1:50-2:50	1					Total	12
	77-447	Admin & Fac Mgmt. in Kines (77-370)	TR 1:20-2:20	2					Total	12
Adv Comp	39-318	Writing about Sciences		3					Total	12
Hu		Ethics		3					Total	12
		Elective		1					Total	12
				Total					Total	15

prerequisites in paranthesis
Students must have a minimum of 120 credits to graduate

Degree Total	120
(black) Core Credits	30
(green) Emphasis Credits	33
(blue) Gen Ed & Elective Credits	56