



Bachelor of Science in KINESIOLOGY (Exercise Science)

NAME _____

DATE _____

THE "ASCENT" GENERAL EDUCATION (40 credits)

BASECAMP (24)

- GATE 1000 University, Vocation & Wellness (2; F) _____
- *†ENGL 1220 Principles of College Writing II (3; F,Sp) _____
- COMM 1260 Oral Communication (3; F,Sp) _____
- BIBL 1300 Literature of the Old Testament (3; F,Sp) _____
- BIBL 1310 Literature of the New Testament (3; F,Sp) _____
- CORE 2000 Engaging Faith and Society (3; F,Sp) _____
- *MATH 2610 Statistics (3; S) _____
- BIOL 1310/1310L Human Anatomy (4; F) _____

EXPEDITION (13)

Trail #1: Artistic Expression (3 units)

(Select one from "Trail #1" course menu on reverse)

Course taken: _____

Trail #2: Cultural Perspectives (3 units)

(Select one from "Trail #2" course menu on reverse)

Course taken: _____

Trail #3: Civic Engagements (3 units)

(Select one from Trail #3 course menu on reverse)

Course taken: _____

Trail #4: Science and Society (3 units)

PSYC 1600 Introduction to Psychology (3; F,Sp) _____

Trail #5: Adventure Recreation (1 unit)

(Select one from Trail #5 course menu on reverse)

Course taken: _____

SUMMIT COURSES (3)

PSYC 3016 Lifespan Development (3; F) _____

FYE is required for incoming students with fewer than 24 credits, and will count as an unrestricted elective.

**Course has prerequisites; consult course descriptions in catalog*

MAJOR REQUIREMENTS (61 credits)

- CHEM 1300 or other Chemistry lab course (4) _____
- PHED 1230 First Aid/CPR (1; TBA) _____
- PHED Activity or ODLE Skill Acquisition (1) _____
- *BIOL 2110 Nutrition (3; F) _____
- KINS 2100 Intro to Kinesiology (3; F) _____
- *KINS 2200 Methods of Teaching Sports Activities (3; F) _____
- PSYC-2625 Research Methods (3,Sp) _____
- *KINS 3000 Global Health Issues (3; F) _____
- *KINS 3100 Exercise Physiology (3; F) _____
- *KINS 3200 Measurement/Evaluation/Kinesiology (3; Sp) _____
- *KINS 3210 Care/Prev. of Athletic Injury (3; F) _____
- *KINS 3300 Biomechanics (3; Sp) _____
- *KINS 4100 Exercise & Sports Psychology (3; F) _____
- *KINS 4200 Exercise Prescription (3; Sp) _____
- *KINS 4410 Movement Experiences/Children (3; F) _____
- *KINS 4430 Applied Motor Development (3; Sp) _____
- *KINS-4440 Health Education & Promotion (3,Sp) _____
- *KINS-4460 Exercise & Nutrition for Spec Pop (3,Sp) _____
- *KINS 4500 Organization/Administration/Kines (3; Sp) _____
- *KINS 4600 Internship (3; F/Sp) _____
- *BIOL 1320/1320L Human Physiology (4; Sp) _____

ELECTIVES (19)

(Max transfer electives = 25)

Additional program requirements

LEAD 2000 Service Seminar (0; FSp) _____

Cross-Cultural Coursework (6 units)

Students must complete 6 credits of cross-cultural courses in GE and/or major. Look for courses on this sheet with § or refer to catalog for a complete list.

Course taken: _____

Course taken: _____

TOTAL PROGRAM

General Education	40
Kinesiology Major (at least 24 UPPER DIVISION)	61
Electives	19
TOTAL (at least 30 UPPER DIVISION)	120