



Department of Exercise Science

**ACADEMIC CHECKLIST FOR FOUNDATIONAL STUDIES  
BS in Kinesiology**

**Name:** \_\_\_\_\_ **MUID:** \_\_\_\_\_ **Activities:** \_\_\_\_\_

<b>GEN-ED CLASSES (34 hours)</b>	<b>Completed</b>	<b>Grade</b>
INT 101* (4) or GBK 101** (4) - *must be taken in 1 <sup>st</sup> yr.; **must be taken 1 <sup>st</sup> semester		
INT 201 (4) – to enroll, one must have at least 24 hrs., but less than 65 hrs.		
INT 301 (3) – to enroll, one must have at least 50 hrs. of credit & taken INT 201		
<b>Humanities/Fine Arts (3 credit hours)</b> <i>Choose one:</i> ART 106; ART 107; ART 108; ART 114; ART 115; ART 116; ART 117; ENG 221; ENG 224; ENG 226; ENG 234; ENG 235; ENG 237; ENG 263; ENG 264; ENG 265; FLL 195; HIS 105; HIS 176; HIS 201; HIS 225; MFS 220; MFS 225; MUS 151; PHI 176; PHI 190; PHI 195; PHI 230; PHI 260; PHI 265; PHI 269; POL 176; REL 210; REL 230; REL 270; SST 180; THR 115; THR 218; THR 221; WLT 101; (3 credit hours may also be selected from the 1-hour music ensembles to meet this requirement: MUS 182; MUS 183; MUS 191; MUS 192; MUS 196; MUS 197)		
<b>Religious Heritage (3 credit hours)</b> <i>Choose one:</i> AFR 230; ENG 225; PHI 240; REL 110; REL 130; REL 150; REL 170; REL 215; REL 220; REL 225		
<b>Behavioral/Social Science (6 credit hours)</b> PSY 101 (3)		
SOC 101 (3)		
<b>Scientific Reasoning (8 credit hours)</b> CHM 111 (4) [MAT 133]		
CHM 112 (4) [grade of “C” or better in CHM 111 & CHM 112]		
<b>Quantitative Reasoning (3 credit hours)</b> STA 126 (3)		
<b>CHP REQUIRED (9-13 hours)</b>		
UNV 101 (1)		
MAT 133 (or exemption) (4) – if exempted, then 4 hrs. of elective must be taken		
BIO 171 (4) [MAT 133]		
BIO 172 (4) [grade of “C” or better in BIO 171]		
<b>KIN REQUIRED: NON-KIN classes (12 hours)</b>		
BIO 131: Anatomy and Physiology I (4)		
BIO 132: Anatomy and Physiology II (4) [BIO 131]		
PHY 141: Intro Physics I (4) [MAT 133] or PHY 161: General Physics I [MAT 191]		

<b>KIN REQUIRED: KIN classes (32 hours)</b>	<b>Completed</b>	<b>Grade</b>
KIN 101: Introduction to Kinesiology (3)		
KIN 201: Assessment and Evaluation in Kinesiology (3) [KIN 101]		
KIN 202: Prevention and Care of Exercise Injuries (3) [KIN 101]		
KIN 203: Motor Development and Learning (3) [KIN 101]		
KIN 204: Nutritional Aspects of Health and Human Performance (3) [CHM 111]		
KIN 301: Exercise Physiology (3) [CHM 111 and "C" or better in BIO 131 & BIO 132]	Fall	
KIN 302: Exercise Physiology Lab (1) [KIN 301]	Fall	
KIN 303: Biomechanics (3) [PHY 141 or 161]		
KIN 310: Research Methods in Kinesiology (3) [STA 126]		
KIN 401: Applied Exercise Physiology (3) [KIN 301 & 302]	Spr	
KIN 402: Applied Exercise Physiology Lab (1) [KIN 401]	Spr	
KIN 410: Senior Seminar in Kinesiology (3) [Senior standing & KIN 310]	Spr	
<b>KINESIOLOGY ELECTIVES: Choose any two courses (6 Hours)</b>		
KIN 161: Kinetic Anatomy [KIN 101]		
KIN 320: Dynamics of Strength Training (3) [KIN 301, KIN 302]	Spr	
KIN 321: Principles of Exercise Psychology (3) [PSY 101]	Fall	
KIN 405: Exercise Testing & Prescription (3) [KIN 301, KIN 302]		
KIN 420: Exercise for Special Populations (3) [KIN 301, KIN 302]	Fall	
KIN 421: Neuromuscular Physiology (3) [KIN 301, KIN 302]	Spr	

**MINOR(s):** \_\_\_\_\_

<b>ELECTIVES (23 or 27 hours needed)</b>	<b>Semester</b>	<b>Hours</b>	<b>Grade</b>

**Graduation Date:** \_\_\_\_\_