

BS Degree in Kinesiology and Health
EXERCISE SCIENCE
2011-12 and 2012-13

Semester 1 - Freshman Year	Credit	Semester 2 - Freshman Year	Credit
ENGL 150-Composition 1	3	Humanities Choice	3
KIN 252-Kines Disc & Professions	1	KIN 258-Concepts of Fitness	2
KIN 253-Kines Orientation	1	PHYS 115 or 111-Physics	5-Jan
KIN 254-Kines Learn Comm(Fr)	0.5	SOC 134-Intro Sociology	3
PSYCH 101 or 230-Psychology	3	Elective	3
H S 110-Pers Consumer Health	3		
LIB 160-Library Orientation	1		
MATH 140-142 or 165	2to4		
Total	14-16	Total	15

Semester 3 - Sophomore Year	Credit	Semester 4 - Sophomore Year	Credit
BIOL 255-Human Anatomy	3	BIOL 256-Human Physiology	3
BIOL 255L-Human Anatomy Lab	1	BIOL 256L-Human Physiology Lab	1
ENGL 250-Composition 2	3	Social Science Choice	3
KIN 259-Leadership Tech of Fit	2	STAT 101, 104 or 226	3to4
SP CM 212-Fund of Speech	3	KIN 266-Adv Strength/Condition	2
Elective	4	Elective	3
Total	16	Total	15-16

Semester 5 - Junior Year	Credit	Semester 6 - Junior Year	Credit
KIN 355-Biomechanics	3	KIN 345-Mgmt Fit Progr/Fac	3
KIN 366-Exercise Psychology	3	KIN 358-Exercise Physiology	3
H S 350-Human Diseases	3	KIN 372-Motor Control	3
KIN 360-Sociology of Sport	3	KIN 385-Job Search Skills	R
Elective	4	KIN 220 or HS 305	2
		Humanities Choice	3
		Elective	2
Total	16	Total	16

Semester 7 - Senior Year	Credit	Semester 8 - Senior Year	Credit
ENGL 302, 314 or SP CM 312	3	KIN 485A-Field Experience	8to16
KIN 458-Princ of Fit Assessment	4		
KIN 459-Intern in Ex Leadership	1		
KIN 462-Med Aspects of Exercise	3		
H S 380-Health Promotion	3		
Elective	2		
Total	16	Total	8to16

Students must complete a three-credit course in US Diversity and a three-credit course in International Perspectives. Check ISU homepage for list of approved courses. You must complete a minimum of 46 credits in 300/400 level courses and a total of 124 credits for graduation. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a SAMPLE plan - use the degree audit as "official" documentation of progress towards your degree.