

**KINESIOLOGY AND HEALTH B.S. DEGREE  
EXERCISE SCIENCE  
2013-2014 SAMPLE FOUR PLAN**

<b>Semester 1 - Freshman Year</b>	<b>Credit</b>	<b>Semester 2 - Freshman Year</b>	<b>Credit</b>
KIN 252-Disciplines & Professions in Kin H	1	KIN 258-Physical Fitness & Conditioning	2
KIN 253-Orientation in Kin H	1	PHYS 115-Physics for the Life Sciences	4
H S 110-Personal and Consumer Health	3	SOC 134-Introduction to Sociology	3
ENGL 150-Crit Thinking & Comm	3	Humanities Choice	3
PSYCH 101 or 230-Psychology	3	Elective	3
MATH 140-142 or 165	3-4		
LIB 160-Information Literacy	1		
Total	15-16	Total	15

<b>Semester 3 - Sophomore Year</b>	<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>	<b>Credit</b>
KIN 259-Leadership Tech for Fitness Prog	2	KIN 266-Adv Strength Training & Cond	2
BIOL 255-Human Anatomy	3	BIOL 256-Human Physiology	3
BIOL 255L-Human Anatomy Lab	1	BIOL 256L-Human Physiology Lab	1
ENGL 250-Written, Oral, & Visual Comp	3	STAT 101, 104 or 226	3-4
Social Science Choice	3	SP CM 212-Fund of Public Speaking	3
Elective	4	Elective	3
Total	16	Total	15-16

<b>Semester 5 - Junior Year</b>	<b>Credit</b>	<b>Semester 6 - Junior Year</b>	<b>Credit</b>
KIN 345-Mgmt Health-Fitness Prog & Fac	3	KIN 358-Physiology of Exercise	3
KIN 355-Biomechanics	3	KIN 360-Sociology of Sport	3
KIN 366-Exercise Psychology	3	KIN 372-Motor Control and Learning	3
H S 350-Human Diseases	3	KIN 385-Strat for Prof School & Fld Exp	R
Elective	4	KIN 220 or H S 305	2
		Humanities Choice	3
		Elective	2
Total	16	Total	16

<b>Semester 7 - Senior Year</b>	<b>Credit</b>	<b>Semester 8 - Senior Year</b>	<b>Credit</b>
KIN 458-Princ of Fitness Assess & Exer Pres	4	KIN 485A-Internship in Exercise Science	8-16
KIN 459-Internship in Exercise Ldrship	1		
KIN 462-Medical Aspects of Exercise	3		
H S 380-Worksite Health Promotion	3		
ENGL 302, 314, or SP CM 312	3		
Elective	2		
Total	16	Total	8-16

Students must complete a 3 credit course in U.S. Diversity and a 3 credit course in International Perspectives. Check the ISU website at <http://www.registrar.iastate.edu/students/div-ip-guide> for a list of approved courses. Students must also complete a minimum of 46 credits in 300-400 level courses and complete a total of 124 credits to graduate. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a sample plan - always use the degree audit as the "official" documentation of progress toward a degree.