

**KINESIOLOGY AND HEALTH B.S. DEGREE
EXERCISE SCIENCE
2014-2015 SAMPLE FOUR PLAN**

Semester 1 - Freshman Year		Credit	Semester 2 - Freshman Year		Credit
KIN 252-Disciplines & Professions in Kin H	1		KIN 258-Physical Fitness & Conditioning	2	
KIN 253-Orientation in Kin H	1		MATH (Algebra or higher)-140, 143, 145, or 165	3	
H S 110-Personal and Consumer Health	3		SOC 134-Introduction to Sociology	3	
ENGL 150-Crit Thinking & Comm	3		FS HN 167-Intro to Human Nutrition	3	
PSYCH 101 or 230-Psychology	3		SP CM 212-Fund of Public Speaking	3	
Humanities Choice	3		Electives	2	
LIB 160-Information Literacy	1				
Total	15		Total	16	
Semester 3 - Sophomore Year		Credit	Semester 4 - Sophomore Year		Credit
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-Statistics	3-4	
Social Science Choice	3		A TR 220 or H S 305	2	
Electives	5		Electives	5	
Total	17		Total	16-17	
Semester 5 - Junior Year		Credit	Semester 6 - Junior Year		Credit
KIN 345-Mgmt Health-Fitness Prog & Fac	3		KIN 358-Physiology of Exercise	3	
KIN 372-Motor Control and Learning	3		KIN 360-Sociology of Sport	3	
KIN 366-Exercise Psychology	3		KIN 355-Biomechanics	3	
H S 350-Human Diseases	3		KIN 385-Strat for Prof School & Fld Exp	R	
PHYS 115-Physics for the Life Sciences	4		Humanities Choice	3	
			Electives	5	
Total	16		Total	17	
Semester 7 - Senior Year		Credit	Semester 8 - Senior Year		Credit
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	3				
Total	17		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.