

**KINESIOLOGY AND HEALTH B.S. DEGREE
EXERCISE SCIENCE
2015-16 SAMPLE FOUR-YEAR 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 140, 143, 145, 165, or 181	3-4
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	16-17

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 or 104-Statistics	3-4
Social Science Choice	3	A TR 220 or H S 305-Ath Train/Inst First Aid	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 372-Motor Control and Learning	3
KIN 358-Physiology of Exercise	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

* Fall Only Course

**Spring Only Course

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.