

**KINESIOLOGY AND HEALTH B.S. DEGREE  
PRE-HEALTH PROFESSIONS-OPTOMETRY  
2015-16 AND 2016-17 SAMPLE FOUR-YEAR 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	BIOL 212-Principles of Biology II	3
KIN 253-Orientation in Kin H	1	BIOL 212L-Principles of Biology Lab II	1
BIOL 211-Principles of Biology I	3	CHEM 178-General Chemistry II	3
BIOL 211L-Principles of Biology Lab I	1	CHEM 178L-Lab in General Chemistry II	1
CHEM 177-General Chemistry I	4	H S 110-Personal and Consumer Health	3
CHEM 177L-Lab in General Chemistry I	1	MATH 165 or 181-Calculus	4
ENGL 150-Crit Thinking & Comm	3		
LIB 160-Information Literacy	1		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>

<b>Semester 3 - Sophomore Year</b>	<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>	<b>Credit</b>
BIOL 255 & 255L-Human Anatomy*	4	BIOL 256 & 256L-Human Physiology**	4
CHEM 331-Organic Chemistry I	3	CHEM 332-Organic Chemistry II	3
CHEM 331L-Lab in Organic Chemistry I	1	CHEM 332L-Lab in Organic Chemistry II	1
KIN 258-Physical Fitness & Conditioning	2	SOC 134-Introduction to Sociology	3
ENGL 250-Written, Oral, & Visual Comp	3	STAT 101 or 104-Statistics	3-4
PSYCH 101 or 230-Psychology	3	KIN 242X-Planning Success in Hlth Careers	.5
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>14-15.5</b>

<b>Semester 5 - Junior Year</b>	<b>Credit</b>	<b>Semester 6- Junior Year</b>	<b>Credit</b>
KIN 366 or 365-Exercise or Sport Psych	3	KIN 355-Biomechanics	3
PHYS 111-General Physics	5	H S 350-Human Diseases	3
SP CM 212-Fund of Public Speaking	3	PHYS 112-General Physics	5
Kin 372-Motor Control & Learning	3	<a href="#">Humanities Choice</a>	3
BBMB 404 or 420-Biochem/Phys Chem	3	Elective (300+ Level Course)	3
<b>Total</b>	<b>17</b>	<b>Total</b>	<b>17</b>

<b>Semester 7 - Senior Year</b>	<b>Credit</b>	<b>Semester 8 - Senior Year</b>	<b>Credit</b>
KIN 358-Physiology of Exercise	3	KIN 400 Level Courses <sup>†</sup>	9
KIN 360-Sociology of Sport	3	MICRO 201/L or 302/L-Microbiology	3-4
ENGL 302, 314, or SP CM 312	3	Elective (300+ Level Course)	3
<a href="#">Social Science Choice</a>	3		
<a href="#">Humanities Choice</a>	3		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15-16</b>

\* Fall Only Course

\*\*Spring Only Course

<sup>†</sup>KIN 400 Level Course Choices: KIN 455, 458, 462, 467, 472, 473\*, 480, H S 464\*\*

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.

April 2016