

**KINESIOLOGY AND HEALTH B.S. DEGREE**  
**PRE-HEALTH PROFESSIONS-OCCUPATIONAL THERAPY**  
**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	KIN 258-Physical Fitness & Conditioning	2
KIN 253-Orientation in Kin H	1	BIOL 212-Principles of Biology II	3
BIOL 211-Principles of Biology I	3	BIOL 212L-Principles of Biology Lab II	1
BIOL 211L-Principles of Biology Lab I	1	SOC 134-Introduction to Sociology	3
H S 110-Personal and Consumer Health	3	MATH 140, 143, 145, 165, or 181	3-4
PSYCH 101-Intro to Psychology	3	<a href="#">Humanities Choice</a>	3
ENGL 150-Crit Thinking & Comm	3		
LIB 160-Information Literacy	1		
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15-16</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 163 & 163L or CHEM 177 & 177L	5	PHYS 111 or 115-General Physics	4-5
ENGL 250-Written, Oral, & Visual Comp	3	<a href="#">Social Science Choice</a>	3
PSYCH 230-Developmental Psychology	3	<a href="#">Humanities Choice</a>	3
Elective	1	KIN 242X-Planning Success in Hlth Careers	.5
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>14-16</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
KIN 372-Motor Control & Learning	3	KIN 360-Sociology of Sport	3
STAT 101 or 104-Statistics	3-4	H S 350-Human Diseases	3
SP CM 212-Fund of Public Speaking	3	PHIL 331-Moral Problems in Medicine**	3
Electives	3	Electives	3
<b>Total</b>	<b>15-16</b>	<b>Total</b>	<b>15</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
PSYCH 460-Abnormal Psychology	3	Elective (300+ Level Course)	3
FS HN 367-Medical Terminology	1	PSYCH, SOC, or <a href="#">Humanities Choice</a>	3
ENGL 302, 314, or SP CM 312	3	Elective	1
Elective (300+ Level Course)	6		
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>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.