

KINESIOLOGY AND HEALTH B.S. DEGREE
PHYSICAL ACTIVITY AND HEALTH PROMOTION
2017-18 SAMPLE FOUR-YEAR PLAN

Semester 1 - Freshman Year	Credit	Semester 2 - Freshman Year	Credit
KIN 252-Disciplines & Professions in Kin H	1	CHEM 163-College Chemistry	4
KIN 253-Orientation & Learning Community	1	CHEM 163L-Lab in College Chemistry	1
BIOL 211-Principles of Biology I	3	Humanities Choice	3
BIOL 211L-Principles of Biology Lab I	1	KIN 258-Physical Fitness & Conditioning	2
H S 110-Personal and Consumer Health	3	FS HN 167-Intro to Human Nutrition	3
ENGL 150-Crit Thinking & Comm	3	SOC 134-Introduction to Sociology	3
PSYCH 101 or 230-Intro or Dev Psychology	3		
LIB 160-Information Literacy	1		
Total	16	Total	16

Semester 3 - Sophomore Year	Credit	Semester 4 - Sophomore Year	Credit
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	SP CM 212-Fund of Public Speaking	3
MICRO 201-Intro to Microbiology	2	STAT 101 or 104-Statistics	3-4
MICRO 201L-Intro Microbiology Lab	1	Social Science Choice	3
KIN 259-Ldrshp Tech for Fitness Programs	2	Electives	3
Electives	3		
Total	15	Total	16-17

Semester 5 - Junior Year	Credit	Semester 6- Junior Year	Credit
KIN 358-Physiology of Exercise	3	H S 385-Strat for Prof School & Fld Exp	.5
H S 310-Community and Public Health	3	H S 464 - Physical Activity Epidemiology**	3
H S 350-Human Diseases	3	FS HN 365 or 366-Obesity & Weight Mgmt/**	3
Kin 366-Exercise Psychology	3	Communicating Nutrition Messages**	
FS HN 364-Nutrit & Prev of Chronic Disease	3	H S 380-Worksite Health Promotion	3
Elective	1	Electives	6
Total	16	Total	15.5

Semester 7 - Senior Year	Credit	Semester 8 - Senior Year	Credit
H S 430-Community Health Prog Dev*	3	H S 485-Internship in Health Promotion	8-16
ENGL 302, 314, or SP CM 312	3		
KIN 467-Exer & Health Behavior Change	3		
KIN 458-Princ of Fit Assess and Exer Pres	4		
Humanities Choice	3		
Total	16	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.