

**KINESIOLOGY AND HEALTH B.S. DEGREE  
EXERCISE SCIENCE  
2017-2018 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 & Learning Community	1	MATH 140, 143, 145, 165, or 181	3-4
H S 110-Personal & Consumer Health	3	SOC 134-Introduction to Sociology	3
ENGL 150-Critical Thinking & Communication	3	FS HN 167-Intro to Human Nutrition	3
PSYCH 101 or 230-Intro or Dev Psychology	3	SP CM 212-Fund of Public Speaking	3
<a href="#">Humanities Choice</a>	3	Electives	2
LIB 160-Information Literacy	1		
<b>Total 15</b>		<b>Total 16-17</b>	

<b>Semester 3 - Sophomore Year</b>	<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>	<b>Credit</b>
KIN 259-Leadership Tech for Fitness Programs	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 & Elect Comp	3	STAT 101 or 104-Statistics	3-4
<a href="#">Social Science Choice</a>	3	A TR 220 or H S 305-Ath Train or Instructor 1st Aid	2
Electives	5	Electives	5
<b>Total 17</b>		<b>Total 16-17</b>	

<b>Semester 5 - Junior Year</b>	<b>Credit</b>	<b>Semester 6- Junior Year</b>	<b>Credit</b>
KIN 345-Mgmt Health-Fitness Prog & Fac	3	KIN 372-Motor Control & Learning	3
KIN 358-Physiology of Exercise	3	KIN 360-Sociology of Sport & Exercise	3
KIN 366-Exercise Psychology	3	KIN 355-Biomechanics	3
H S 350-Human Diseases	3	KIN 385-Strat for Prof School & Fld Exp	.5
PHYS 115-Physics for the Life Sciences	4	<a href="#">Humanities Choice</a>	3
		Electives	5
<b>Total 16</b>		<b>Total 17.5</b>	

<b>Semester 7 - Senior Year</b>	<b>Credit</b>	<b>Semester 8 - Senior Year</b>	<b>Credit</b>
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		
Electives	3		
<b>Total 17</b>		<b>Total 8-16</b>	

\* 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.