

**KINESIOLOGY AND HEALTH B.S. DEGREE
PRE-HEALTH PROFESSIONS-OPTOMETRY
2017-2018 SAMPLE FOUR-YEAR PLAN**

Semester 1 - Freshman Year	Credit	Semester 2 - Freshman Year	Credit
KIN 252-Disciplines & Professions in Kin H	1	BIOL 212-Principles of Biology II	3
KIN 253-Orientation & Learning Community	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 & Consumer Health	3
CHEM 177L-Lab in General Chemistry I	1	MATH 165	4
ENGL 150-Critical Thinking & Communication	3		
LIB 160-Information Literacy	1		
Total	15	Total	15
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Semester 3 - Sophomore Year	Credit	Semester 4 - Sophomore Year	Credit
BIOL 255 & 255L-Human Anatomy & Lab*	4	BIOL 256 & 256L-Human Physiology & Lab**	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 & Elect Comp	3	KIN 242-Planning Success in Health Careers	.5
PSYCH 101 or 230-Intro or Dev Psychology	3	Humanities Choice	3
Total	16	Total	14.5
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Semester 5 - Junior Year	Credit	Semester 6 - Junior Year	Credit
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	STAT 101 or 104-Statistics	3-4
BBMB 404 or 420-Biochem/Phys Chem	3	Electives (300+ Level Courses)	3
Total	17-18	Total	17
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Semester 7 - Senior Year	Credit	Semester 8 - Senior Year	Credit
KIN 358-Physiology of Exercise	3	KIN 400-Level Courses ⁺	9
KIN 360-Sociology of Sport & Exercise	3	MICRO 201/L or 302/L-Microbiology & Lab	3-4
ENGL 302, 314, or SP CM 312	3	Electives (300+ Level Courses)	3
Social Science Choice	3		
Humanities Choice	3		
Total	15	Total	15-16

* Fall Only Course

**Spring Only Course

⁺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.