GENERAL REQUIREMENTS (49-53 HOURS)

**Communications (8-9 Hours)**
- ENGL 100 (3) Expository Writing I
- ENGL 200 (3) Expository Writing II
- COMM 105 (2) Public Speaking IA
- COMM 106 (3) Public Speaking I

**Social Science (9 Hours)**
- ECON 110 (3) Principles of Macroeconomics
- PSYCH 110 (3) General Psychology
- SOCIO 211 (3) Intro to Sociology

**Humanities (6 Hours)**
(Only courses of 3 credits or more will apply)
- ( )
- ( )

**Natural and Physical Sciences (16-17 Hours)**
- BIOL 198 (4) Principles of Biology
- BIOL 340 (8) Struct/Function Human Body
- KIN 360 (8) Anatomy and Physiology
- BIOCH 265 (5) Intro. Organic & Biochemistry
- CHM ( ) (Chemistry course w/ lab)
- PHYS ( ) (Physics course w/ lab)

**Integrative Human Ecology Course (1 Hour)**
- GNHE 210 (1) Foundations of Human Ecology

Up to half of the credits required for a four-year degree may be completed at an accredited two-year college*. Each student must complete at least 30 K-State resident credits to be considered for a degree from K-State. Further, the student must complete 20 of the last 30 hours of resident credit at K-State. A minimum of 45 hours must be at a course level of 300 or above.

*Maximum of 60 hours may be applied from a two-year college.

Quantitative and Abstract Formal Reasoning (9-11 Hours)
- MATH 100 (3) College Algebra
- MATH 150 (3) Plane Trigonometry
- MATH 220 (4) Analytic Geometry and Calculus I
- STAT 325 (4) Introduction to Statistics
- STAT 340 (3) Biometrics I

(Choose either all of the one-hour courses or CIS 111)
- CIS 101 (1) Intro Computing Systems
- CIS 102 (1) Intro Spreadsheet Application
- CIS 103 (1) Intro Database Application
- CIS 104 (1) Intro Word Processing Appl.
- CIS 111 (3) Intro. to Computer Programming

**UNRESTRICTED ELECTIVES (28-32 hrs)**
(Only courses at the 100-799 level undergraduate courses may be applied. Course at the 300-level or higher must be taken for 2 or more credits)

Grades of “C” or higher are required AND a GPA of 2.2 is required for all Kinesiology core courses meeting degree requirements.

120 Hours Required for Graduation

Note: The College of Human Ecology requires a “C” or higher in “Professional Studies” courses, and the K-State 8 requirements must be met.

- [ ] K-State 8 Requirements Completed

Department of Kinesiology
College of Human Ecology
Kansas State University

> PROFESSIONAL STUDIES (39 HOURS)

**Kinesiology Core (36 Hours)**
- KIN 220 (4) Biobehavioral Bases of Physical Activ.
- KIN 310 (4) Measure & Resrch Techn Kinesiology
- KIN 334 (4) Physiology of Exercise
- KIN 336 (1) Physiology of Exercise Lab
- KIN 345 (5) Exercise Behavioral Science

> Kinesiology Upper Level Core (18 Hours)
(Select one 3-hour course from each of the following)
- KIN 601 (3) Cardiorespiratory Exercise Physiology
- KIN 603 (3) Cardiovascular Exercise Physiology
- KIN 607 (3) Muscle Exercise Physiology
- KIN 611 (3) Neurological Exercise Physiology

> Exercise Physiology (3 hrs)
(Select one 3-hour course from the following)
- KIN 600 (3) Interpersonal Aspects of Physical Act.
- KIN 602 (3) Social Structural Determinants Phys Act.
- KIN 612 (3) Policy, Built Environ & Phys Activity
- KIN 614 (3) Physical Activity Behavior Setting: Youth Sport to Senior Centers
- KIN 655 (3) Individual Physical Activity Promotion

> Exercise Behavioral Science (3 hrs)
(Select one 3-hour course from the following)
- KIN 600 (3) Interpersonal Aspects of Physical Act.
- KIN 602 (3) Social Structural Determinants Phys Act.
- KIN 612 (3) Policy, Built Environ & Phys Activity
- KIN 614 (3) Physical Activity Behavior Setting: Youth Sport to Senior Centers
- KIN 655 (3) Individual Physical Activity Promotion

> Kinesiology Elective Courses 300-Level or higher (12 hrs)
(Select 12 credit hours of additional upper level KIN courses. At least one elective must be at the 600 level or higher UG course *)
- KIN* (3)
- KIN (3)
- KIN (3)
- KIN (3)

> Human Nutrition (3 hrs)
- FNDH 132 (3) Basic Nutrition

OVER

Fall 2017