## 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)
- **ECO 110 (3)** Principles of Macroeconomics
- **PSYCH 110 (3)** General Psychology
- **SOCI 211 (3)** Intro to Sociology

### Humanities (6 Hours)
(Only courses of 3 credits or more will apply)
- **COMM 105 (2)** Public Speaking IA
- **COMM 106 (3)** Public Speaking I

### 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
- **CHM 100 (5)** Intro. Organic & Biochemistry
- **PHYS 100 (5)** Intro. Physics I

### 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)

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<tr>
<th>Course</th>
<th>Credits</th>
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<tr>
<td><strong>MATH 100 (3)</strong></td>
<td>College Algebra OR Plane Trigonometry OR Analytic Geometry and Calculus I</td>
</tr>
<tr>
<td><strong>STAT 325 (3)</strong></td>
<td>Introduction to Statistics OR Biometrics I</td>
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(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. OR **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)

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### PROFESSIONAL STUDIES (39 HOURS)

#### Kinesiology Core (36 Hours)

#### Lower Level Core Courses (18 hrs)
- **KIN 220 (4)** Biobehavioral Bases of Physical Activ.
- **KIN 310 (4)** Measure & Resrch Techn Kinesiology
- **KIN 335 (4)** Physiology of Exercise
- **KIN 336 (4)** Physiology of Exercise Lab
- **KIN 345 (5)** Exercise Behavioral Science

#### Exercise Physiology (3 hrs)
(Select one 3-hour course from 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 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)**

#### 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

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Department of Kinesiology  
College of Human Ecology  
Kansas State University  

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**Fall 2016 (rev. 6-1-16)**