

NAME: \_\_\_\_\_

ID: \_\_\_\_\_

# Kinesiology

## KINES

### B.S. in Kinesiology

Department of Kinesiology  
College of Human Ecology  
Kansas State University

#### 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
- OR**
- \_\_\_\_\_ COMM 106 (3) Public Speaking I
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##### Social Science (9 Hours)

- \_\_\_\_\_ ECON 110 (3) Principles of Macroeconomics
- \_\_\_\_\_ PSYCH110 (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 341 (4) Human Body I
- AND**
- \_\_\_\_\_ BIOL 342 (4) Human Body II
- OR**
- \_\_\_\_\_ KIN 360 (8) Anatomy and Physiology
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(Must complete one of the following courses)

- \_\_\_\_\_ BIOCH 265 (5) Intro. Organic & Biochemistry
- OR**
- \_\_\_\_\_ CHM \_\_\_\_\_ ( ) \_\_\_\_\_
- (Chemistry course w/ lab)
- OR**
- \_\_\_\_\_ 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
- OR**
- \_\_\_\_\_ MATH 150 (3) Plane Trigonometry
- OR**
- \_\_\_\_\_ MATH 220 (4) Analytic Geometry and Calculus I
- 
- \_\_\_\_\_ STAT 325 (3) Introduction to Statistics
- OR**
- \_\_\_\_\_ 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.
- OR**
- \_\_\_\_\_ CIS 111 (3) Intro. to Computer Programming

##### UNRESTRICTED ELECTIVES (28-32 Hours)

(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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> 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

##### > 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 (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)

###### > 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) \_\_\_\_\_

###### > Human Nutrition (3 hrs.)

- \_\_\_\_\_ FNDH 132 (3) Basic Nutrition

(OVER)

Fall 2018