College of Education and Psychology
2024-2025 Kinesiology Degree Plan

__Official Layout for Kinesiology Careers__ : Athletic Director, Camp Director, Fitness Instructor, Coach, Personal Trainer, Sports Administration/Management, Strength & Conditioning Coach, etc.

FIRST YEAR - FRESHMAN

Fall Semester				Spring Semester			
BIOL	1114	*	Gen Biology *(Recommended)*	CHEM	1114	*	Gen Chemistry I *(Recommended)*
ENG	1113	*	Freshman Composition I	ENG	1213	*	Freshman Composition II
HUM	2113	*	General Humanities I *(Recommended)*	HUM	2123	*	General Humanities II *(Recommended)*
KIN	2122	*	Choices in Wellness	PS	1113	*	United States Government
MATH	1513	*	College Algebra *(Recommended)*	PSYCH	1113	*	General Psychology *(Recommended)*
UNIV	1001	*	Freshman Seminar				

16 TOTAL HOURS   **16 TOTAL HOURS**

SECOND YEAR - SOPHOMORE

Fall Semester				Spring Semester			
FIN	1113	*	Financial Literacy		---3		Elective
HIST	24-3	*	United States History Survey	KIN	2223		Sports Nutrition
KIN	1963		Introduction to Kinesiology	KIN	2273		First Aid
KIN	2183	*	Basic Nutrition *(Recommended)*	KIN	2433		Theory of Coaching
KIN	2413		Applied Anatomy	KIN	2713		Care and Prevention of Athletic Injuries

15 TOTAL HOURS   **15 TOTAL HOURS**

THIRD YEAR - JUNIOR

Fall Semester			Spring Semester		
	---3	Elective		---3	Elective
KIN	3303	Fundamentals of Sports Administration		---3	Elective
KIN	3563	Health Promotion	KIN	3233	Adapted Physical Education
KIN	3613	Motor Learning	KIN	3353	Research and Evaluation of Kinesiology
KIN	3883	Legal Aspects of Kinesiology	KIN	3723	Biomechanics

15 TOTAL HOURS   **15 TOTAL HOURS**

FOURTH YEAR - SENIOR

Fall Semester			Spring Semester		
	---3	Elective		---3	Elective
KIN	3103	Technology in Kinesiology	KIN	4153	Organization and Administration
KIN	3733	Physiology of Exercise	KIN	4284	Practicum
KIN	4223	Strength and Conditioning	KIN	4623	Exercise Testing and Prescription
KIN	4593	Psychology of Sports			

15 TOTAL HOURS   **13 TOTAL HOURS**

TOTAL DEGREE PLAN HOURS 120

*General Education Requirement