

Exercise & Fitness Emphasis

Notice, this chart is only a suggestion. To meet the requirements for graduation, check your STAR report.

Fall Year 1					Spring Year 1				
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits
Nat Sci	26-105	Biological Concepts		4	Nat Sci	26-211	Human Anatomy (26-105)		3
	77-121	Orientation to Kinesiology	T 3-4	1		77-122	Kinesiology Admission Seminar	R 3-4	1
	77-170	Medical Terminology	M 6-7	1		77-171	Prevention, Recognition of Athl Inj	TR 8-9	2
Eng Comp	88-188	Writing Based Inquiry		3		77-173	Applied Anatomy & Kinesiology	MWF 12:40-1:40	2
Phys Ed	77-105	Active Lifestyle		2	Comm	96-111	Fund. of Speech Communication		3
Math	67-104	College Algebra or Placement		3	SS	86-101	Introductory Psychology		3
Total				14	Total				14

Fall Year 2					Spring Year 2				
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits
Nat Sci	26-212	Human Physiology (26-211)		4		77-350	Exercise Physiology (26-212; admitted)	MWF 9:10-10:10	3
	77-280	Biomechanics (26-211 & 26-212conc; admitted)	MWF 8-9	3		77-351	Clin Nutrition & Wt Mngmnt (26-212; admitted)	TR 8-9:30	3
	77-201	Strength Training Techniques (admitted)	TR 9:40-10:40 or M	1	SS		History		3
SS		Elective Social Science		3	Nat Sci		Lab Science course other than Biology		4
SS		Anthropology		3	Math		Statistics 86-203 or 92-281 or 67-201		3
Total				14	Total				16

Fall Year 3					Spring Year 3				
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits
	77-361	Medical Aspects of Exercise (77-350)	MWF 9:10-10:10	3		77-349	Behavioral Aspects in Ex (86-101; admitted)	TR 8-9:30	3
	77-368	Research Techniques (statistics; admitted)	MW 8-9	2		77-370	Princ of Weight Training & Conditioning (77-350)	MWF 10:20-11:20	3
	77-352	Fitness Assessment Techniques (77-350)	TR 1:20-2:50	3		77-405	Leadership in Exercise and Fitness (77-350; 77-201)	TR 9:40-11:10	2
Hu, ES		Religious Studies		3	Hu		Fine Art or Foreign Lang Humanities		3
Hu, NW		English Literature		3	Nat Sci		Lab Science course other than Biology		4
Total				14	Total				15

Fall Year 4					Spring Year 4				
Gen Ed	Class #	Class Title		Credits	Gen Ed	Class #	Class Title		Credits
	77-331	Motor Learning (86-101; admitted)	MWF 10:20-11:20	2		77-480	Kinesiology Internship		12
	77-407	Clinical Exp in Exercise and Fitness (77-405)	M-R 11:30-12:30	3					
	77-425	Current Topics in Kinesiology (77-350)	W 1:50-2:50	1					
	77-447	Admin & Fac Mgmt. in Kines (77-370)	TR 1:20-2:20	2					
Adv Comp	39-318	Writing about Sciences		3					
Hu		Ethics		3					
Total				14	Total				12

prerequisites in paranthesis
Students must have a minimum of 120 credits to graduate

Degree Total 113
(black) Core Credits 30
(green) Emphasis Credits 33
(blue) Gen Ed Credits 49

Transfer Students - those who have completed all General Education Requirements or have an Associate's Degree
If Student Needs to Take Biological Concepts (26-105)

Semester 1	Semester 2	Semester 3	Semester 4	Semester 5	Semester 6	Semester 7
26-105 (4)	26-211 (3)	3 26-212 (4)	4 77-350 (3)	3 77-361 (3)	4 77-407 (3)	3 77-480
77-121 (1)	77-122 (0)	0 77-201 (1)	1 77-351 (3)	3 77-352 (3)	3 77-447 (2)	2
77-170 (1)	77-171 (2)	2 77-280 (3)	3 77-368 (2)	2 77-370 (3)	3	
86-101 (3)	77-173 (2)	2 77-331 (2)	2 77-425 (1)	1 77-405 (2)	2	
stats (3)		77-349 (3)	3			
	APPLY					
12	8	13	9	11	5	12 credits

If Student has taken Biological Concepts (26-105) but needs Human Anatomy (26-211)

Semester 1	Semester 2	Semester 3	Semester 4	Semester 5	Semester 6
26-211 (3)	26-212 (4)	4 77-201 (1)	1 77-361 (3)	4 77-368 (2)	2 77-480
77-121 (1)	77-280 (3)	3 77-350 (3)	3 77-352 (3)	3 77-407 (3)	3
77-122 (1)	77-331 (2)	2 77-349 (3)	3 77-370 (3)	3 77-425 (1)	1
77-171 (2)	statistics (3)	3 77-351 (3)	3 77-405 (2)	2 77-447 (2)	2
77-173 (2)			77-170 (1)		
86-101 (3)					
	APPLY				
12	12	10	12	8	12 credits

If Student has taken Human Anatomy (26-211) but needs Human Physiology (26-212)

Semester 1	Semester 2	Semester 3	Semester 4	Semester 5
26-212 (4)	77-201 (1)	1 77-331 (2)	2 77-361 (3)	4 77-480
77-121 (1)	77-280 (3)	3 77-351 (3)	3 77-368 (2)	2
77-122 (1)	77-350 (3)	3 77-352 (3)	3 77-407 (3)	3
77-171 (2)	77-349 (3)	3 77-405 (2)	2 77-425 (1)	1
77-173 (2)	statistics (3)	3 77-370 (3)	3 77-447 (2)	2
86-101 (3)			77-170 (1)	
	APPLY			
13	13	13	12	12 credits

If Student has completed Human Physiology (26-212)
Same as above except first semester does not have 26-212