



PROGRAM: KINESIOLOGY / PRE-AT

This plan is an example of how you can earn your degree in four years.
You may work with your advisor to customize the plan to fit your circumstances.

***Menu of Gen Ed courses**

- ENG 1060 English Composition
- ENG 1070 Effective Speaking
- 2 WI courses
- 1 CI course
- 1 SI course
- ENG 2260 Touchstones
- 10 cr. Scientific & Mathematical Understanding
- 6 cr. Aesthetic Understanding (AU)
- 6 cr. Social & Behavioral Understanding (SB)
- 6 cr. World Views (WV)

2020-21

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
FYS (Gen Ed AU or WV)	3	INT 1053 Soundings II	.5	<i>Summer is a good time to repeat classes for grade improvement if needed.</i>	
ENG 1061 English Comp	3	AHS 1310 Foundations of AT	3		
INT 1051 Soundings I	1	*BIO 2012 Human A & P II	4		
*BIO 2011 Human A & P I (Gen Ed S&M)	4	ENG 1070 Effective Speaking	3		
Gen Ed WV or AU	3	Gen Ed AU or WV	3		
		BUS 1270 (Gen Ed CI)	3		
		Quantitative Reasoning Exam			

NOTES: Pre-AT students must receive a "C" or better in BIO 2011 and BIO 2012

Total credits after Year One (THINK 30): **30.5**

2021-22

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
*MAT 2021 Statistics (Gen Ed S&M)	3	AHS 2420 Foundations of Ortho Assessment (Gen Ed WI)	3	<i>Summer is a good time to repeat classes for grade improvement if needed.</i>	
*CHE 1041 Gen Chemistry	4	PED 2160 Emergency Care & Personal Safety	3		
*BIO 1121 Biology I	4	*AHS 3120 Kinesiology	3		
*PED 2370 Community Health	3	*PSY 1012 Intro Psych (Gen Ed SB)	3		
*AHS 2160 Anatomical Aspects Sports Medicine	3	ENG 2260 Touchstones	3		
Information Literacy Exam					

*All Kinesiology majors must receive a "C" or better in AHS 2160 and AHS 3120.

Total credits after Year Two (THINK 60): **62.5**

Pre-AT students must receive a "C" or better in CHE 1041, BIO 1121, PED 2370, MAT 2021 and PSY 1012.

2022-23

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
INT 3054 Jr. Soundings	.5	*HED 2010 Current Health Issues	3	<i>Summer is a good time to repeat classes for grade improvement if needed.</i>	
*PHY 1051 General Physics I (Gen Ed S&M)	4	*AHS 3150 Physiology of Exercise (Gen Ed WI)	4		
AHS 2170 Strength Training Principles	2	*PED 4020 Applied Nutrition & Weight Control	3		
AHS 3210 Found of Ther Int (Gen Ed SI)	3	Gen Ed WV or AU	3		
AHS 2161 Intro to Myofascial Release	3	Elective of your choice	3		
SOC 1010 Intro to Sociology or SOC 1030 Social Problems (Gen Ed SB)	3				
		submit Application for Degree			

*Pre-AT students must receive a "C" or better in PHY 1051, HED 2010, AHS 3150, and PED 4020.

Total credits after Year Three (THINK 90): 94

The MAT program application is due Feb 1st. Applications will continue to be reviewed after this deadline if space permits.

Students who enter the MAT program will follow the MAT Program Curriculum Map, which is available on the MAT website, during the 4th year. Students who do not enter the MAT program will complete the BS in Kinesiology (non-MAT) 4th Year Course Plan (see below).

2023-24 (non-MAT)

Complete a minimum of 12 credits from the following list:

Complete an internship in Allied Health Science (AHS): 1-3 credits; complete PED 4910 Senior Thesis in Physical Education: 3 credits; AND complete the remaining 6-8 credits by selecting from these course choices:

ALLIED HEALTH CATEGORY	cr.	PSYCHOLOGY/SOCIOLOGY CATEGORY	cr.	SCIENCE CATEGORY	cr.
AHS 4152 Path & CI Ex Phys	4	PSY 1050 Human Growth & Dev	3	CHE 1042 General Chemistry II	3
AHS 4160 CI Ex Test & Prescr	4	PSY 2170 Drugs & Behavior	3	CHE 2111 Organic Chemistry I	4
AHS 4170 Enhancement Ath Perf	3	PSY 3130 Health Psych	3	PHY 1052 General Physics II	4
AHS 4220 Sci Found Str&Cond I	3	PSY 3410 Biopsychology	3		
AHS 4221 Sci Found Str&Cond II	3	PHI 3020 Medical Ethics	3		
AHS 4260 Nut Met Ath Perf	3	SOC 3070 Medical Sociology	3		
PED 2070 Advanced Strength & Conditioning	1				

We strongly encourage you to:

- **Get involved on campus:** Join (or start) a club. Serve as an SOS. Apply to be a CA. Be a tutor. Play intramurals. Participate in SGA, a singing group, WIUV, the Spartan newspaper, a theater production, Green Campus Initiative, the Athletic Band, etc.
- **Expand your academic program:** Complete a minor. Earn the Certificate in Civic Engagement or the Certificate in Global Studies. Take a foreign language. Study abroad. Visit the Academic Support Center. Meet with your academic advisor every semester.
- **Explore career options:** Visit Career Services early and often. Get an internship. Attend the Career & Grad School Fair. Go to the Part-Time Job Fair. Do research with a professor. Join your field's professional organization. Investigate graduate school options.
- **Serve the community:** Take a Civic Engagement course. Join the Mentoring Program. Participate in Alternative Spring Break. Volunteer off-campus for a community organization (e.g. Habitat for Humanity, Meals on Wheels, the Boys & Girls Club, etc.).