

FALL

FRESHMAN (2020)

IDS-103	CU Foundations I	1
MAT-110	College Math*	3
ENG-212	Writing & Culture**	3
BIO-241	Anatomy & Physiology I	4
KIN-100	Total Fitness & Wellness	2
IDS-101	Creativity, Innovation & Problem Solving	2
		15

SOPHOMORE (2021)

REL-204	New Testament Literature	3
BIO-151	General Biology	4
KIN-211	History & Principles of Kinesiology	3
	General electives	6
		16

JUNIOR (2022)

BIO-347	Introduction to Nutrition	3
KIN-346	Exercise Testing & Prescriptions	3
KIN-362	First Aid & Injury Prevention	3
	General electives	6
		15

SENIOR (2023)

REL-352	Christian Beliefs & History	3
KIN-380	Internship	3
KIN-402	Professional Capstone Seminar	1
KIN-444	Advanced Exercise Physiology	3
	General electives	5
		15

SPRING

FRESHMAN (2021)

IDS-104	CU Foundations II	1
HIS-114	World Civilization II	3
REL-104	Old Testament Literature	3
BIO-242	Anatomy & Physiology II	4
KIN-1XX	KIN Activity course	1
	Social Science Requirement***	3
		15

SOPHOMORE (2022)

COM-112	Communication in Culture	3
KIN-251	Motor Development	3
	General elective	3
MAT-151	Statistics	3
PHI-211	Philosophy in Culture	3
		15

JUNIOR (2023)

KIN-341	Anatomical Kinesiology	4
KIN-342	Exercise Physiology	3
HUM-311	Imagination in Culture	3
KIN-345	Measurement & Evaluation	3
	Global Studies Requirement could take as a J or May term trip	3
		16

SENIOR (2024)

KIN-380	Internship	3
KIN-403	Professional Capstone Research Project	1
	General electives	9
		13

TOTAL CREDITS

120

*Selection based on Math ACT/SAT score at the time of registration

**English placement based on ACT/SAT score

***Choose One: PSY 111, SOC 111, ECN 231, ECN 232, CMI 223, SSC 161, SSC 211, SSC 262

RELATED COURSES THAT FULFILL GLOBAL STUDIES REQUIREMENT:

For a full list of courses see Academic Catalog

CMI-243	Introduction to Intercultural Studies	3
SSC-312	World Affairs	3
COM-311	Intercultural Communication	3
LIN-100	Language in Culture	3
	International Study Trip	3

REQUIRED EXERCISE SCIENCE MAJOR COURSES

Credit Hours

BIO-151	General Biology	4
BIO-241	Anatomy and Physiology I	4
BIO-242	Anatomy and Physiology II	4
BIO-347	Introduction to Nutrition	3
MAT-151	Statistics	3
KIN-211	History and Principles of Kinesiology	3
KIN-251	Motor Development and Learning	3
KIN-341	Anatomical Kinesiology	4
KIN-342	Exercise Physiology	3
KIN-345	Measurement and Evaluation	3
KIN-346	Exercise Testing and Prescriptions	3
KIN-362	First Aid and Injury Prevention	3
KIN-380	Internship	6
KIN-402	Professional Capstone Seminar	1
KIN-403	Professional Capstone Research Project	1
KIN-444	Advanced Exercise Physiology	3

CUMULATIVE TOTAL 51