

DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION  
2009-2010 CURRICULUM - KINESIOLOGY

**EXERCISE SCIENCE OPTION: HUMAN PERFORMANCE TRACK**

**COMMON CORE COURSES IN MAJOR**

- \_\_\_ 1 KIN 201 Professions in Kinesiology & Health Promotion
- \_\_\_ 3 KIN 209 Critical Perspectives in Kinesiology
- \_\_\_ 3 KIN 303 Physiology of Exercise (ZOO 235/235L)
- \_\_\_ 1 KIN 303L Physiology of Exercise Lab (ZOO 235/235L)
- \_\_\_ 3 KIN 312 Life Span Motor Development
- \_\_\_ 1 KIN 312A Life Span Motor Development Act
- \_\_\_ 3 KIN 425 Tests and Measurements (STA 120)
- \_\_\_ 1 KIN 425A Tests and Measurements Act (STA 120)

**EXERCISE SCIENCE OPTION COURSES**

- \_\_\_ 3 KIN 304 Intro. to Biomechanics (STA 120, ZOO 234/L)
- \_\_\_ 1 KIN 304L Intro. to Biomechanics Lab (STA 120m, ZOO 234/L)
- \_\_\_ 3 KIN 403 Physiology of Exercise II (KIN 303/303L)
- \_\_\_ 1 KIN 403L Physiology of Exercise II Lab (KIN 303/303L)
- \_\_\_ 3 KIN 412 Movement Anatomy and Kinesiology (KIN 304/L)
- \_\_\_ 1 KIN 412A Movement Anatomy and Kinesiology Activity (KIN 304L)
- \_\_\_ 3 KIN 430 Motor Learning and Human Performance (STA 120; KIN 303/303L)
- \_\_\_ 1 KIN 430L Motor Learning and Human Performance (STA 120; KIN 303/303L)
- \_\_\_ 3 KIN 453 Principles of Health/Fitness Programs (KIN 303/303L)
- \_\_\_ 4 KIN 455 Sports Medicine (KIN 303/303L)
- \_\_\_ 3 KIN 456 Ex Metabolism & Weight Control (KIN 303/303L; FN 235 or FN 305)
- \_\_\_ 2 ZOO 234 Human Anatomy (BIO 115/115L)
- \_\_\_ 2 ZOO 234L Human Anatomy Lab (BIO 115/115L)
- \_\_\_ 3 ZOO 235 Human Physiology (BIO 115/115L)
- \_\_\_ 1 ZOO 235L Human Physiology Lab (BIO 115/115L)

**HUMAN PERFORMANCE COURSES**

- \_\_\_ 4 KIN 363 Psychological Aspects of Physical Activity and Sport
- \_\_\_ 4 KIN 365 Science of Physical Aging
- \_\_\_ 4 KIN 370 Stress Management for Healthy Living (**GE B5**)
- \_\_\_ 3 KIN 406 Physical Education for Physically and Other

- \_\_\_ 1 KIN 406A Physical Education for Physically and Other Health Impaired (KIN 206)
- \_\_\_ 4 KIN 408 Drug Education
- \_\_\_ 1 KIN 458 Exercise Physiology Fieldwork (KIN 303/303L)
- \_\_\_ 2 KIN 458A Exercise Physiology Fieldwork Activity (KIN 303/303L)
- \_\_\_ 3 KIN 459 Health Fitness Instructor (KIN 303/303L)
- \_\_\_ 2 KIN 461 Senior Project (Senior Standing)
- \_\_\_ 2 KIN 462 Senior Project (Senior Standing)
- \_\_\_ 3 KIN 470 Electrocardiography in Exercise and Disease (KIN 303/303L)
- \_\_\_ 1 KIN 470L Electrocardiography in Exercise and Disease Lab (KIN 303/303L)
- \_\_\_ 4 FN 305 Nutrition, Science and Health

**SELECT 23 UNITS FROM THE FOLLOWING:** (if using KIN 370 as GE B5 – then 27 units are needed)

- \_\_\_ 3 KIN 206 Introduction to Adapted Physical Education
- \_\_\_ 4 KIN 207 Personal Health
- \_\_\_ 4 MIC 330 General Epidemiology (MIC 201/201L; BIO 211/211L)
- \_\_\_ 3 MIC 444 Hematology (BIO 121/121L; BIO 122/122L; BIO 123/123L)
- \_\_\_ 1 MIC 444L Hematology Laboratory (BIO 121/121L; BIO 122/122L; BIO 123/123L)
- \_\_\_ 4 PSY 314 Human Relations (PSY 201 or PSY 202)
- \_\_\_ 4 PSY 415 Abnormal Psychology (PSY 201 or PSY 202)
- \_\_\_ 4 PSY 417 Basic Counseling (PSY 201 or PSY 202)
- \_\_\_ 3 BIO 211 Biometrics (BIO 115/115L; STA 120)
- \_\_\_ 1 BIO 211L Biometrics Lab (BIO 115/115L; STA 120)
- \_\_\_ 4 BIO 303 Genetics (BIO 110 or BIO 115/115L)
- \_\_\_ 3 ZOO 415 Human Embryology (ZOO 238/238L)
- \_\_\_ 1 ZOO 415L Human Embryology Lab (ZOO 238/238L)
- \_\_\_ 3 CHM 321 Elements of Biochemistry (CHM 201/250L or CHM 315/318L)
- \_\_\_ 1 CHM 321L Elements of Biochemistry Lab (CHM 201/250L or CHM 315/318L)
- \_\_\_ 4 FN 433 Advanced Nutrient Metabolism I (FN 235 or FN 305; FN 335; ZOO 235/L; BIO 300 or BIO 303)
- \_\_\_ 4 FN 434 Advanced Nutrient Metabolism II (FN 433)
- \_\_\_ 4 FN 435 Advanced Nutrient Metabolism III (FN 434)

Prerequisite courses are shown in parentheses.

SEE BACK OF PAGE FOR GENERAL EDUCATION REQUIREMENTS

**GENERAL EDUCATION REQUIREMENTS**

**Area A Communication and Critical Thinking-12 units**

- \_\_\_(1) 4 \_\_\_ Oral Communication
- \_\_\_(2) 4 ENG 104 Written Communication
- \_\_\_(3) 4 \_\_\_ Critical Thinking

**Area B Math and Natural Sciences-17 units**  
**(Select one lab course from sub-area 2)**

- \_\_\_(1) 4 \_\_\_ Physical Science
- \_\_\_(2) 3 BIO 115 Basic Biology
- \_\_\_(3) 2 BIO 115L Basic Biology Lab
- \_\_\_(4) 4 STA 120 Statistics with Applications
- \_\_\_(5) 4 \_\_\_ Science and Technology  
Synthesis

**Area C Humanities-16 units**  
**One course from each area**

- \_\_\_(1) 4 \_\_\_ Fine/Performing Arts
- \_\_\_(2) 4 \_\_\_ Philosophy and Civilization
- \_\_\_(3) 4 \_\_\_ Literature and Foreign  
Language
- \_\_\_(4) 4 \_\_\_ Humanities Synthesis

**Area D Social Sciences-20 units**  
**Two courses in sub-area 1, and at least one course from each of sub-areas 2, 3, and 4.**

- \_\_\_(1a)4 PLS 201 U.S. History, Constitution,  
American Ideals
- \_\_\_(1b)4 HST 202 U.S. History, Constitution,  
American Ideals
- \_\_\_(2) 4 \_\_\_ History, Economics, and  
Political Science
- \_\_\_(3) 4 \_\_\_ Sociology, Anthropology,  
Ethnic, and Gender Studies
- \_\_\_(4) 4 \_\_\_ Social Science Synthesis

**Area E Lifelong Understanding and  
Self-Development- 4 units**

- \_\_\_ 4 \_\_\_ Lifelong Understanding and  
Self-Development

**SUMMARY**

Common Core	16
Exercise Science Option	34
Human Performance	34-38
Select	23-27
General Education	<u>69</u>
<b>TOTAL</b>	<b>180</b>