## Curriculum in Physical Activity and Health

### Freshman

#### Fall
- **BIOL 1020 Principles of Biology**
- **& BIOL 1021 Principles of Biology Laboratory**
- **BIOL 1027 Honors Biology**
- **ENGL 1100 English Composition I**
- **Core Social Science**
- **Core History**
- **MATH 1130 Pre-Calculus Trigonometry**

#### Spring
- Select one of the following:
  - **BIOL 1030 Organismal Biology**
  - **& BIOL 1031 Organismal Biology Laboratory**
  - **BIOL 1037 Honors Organismal Biology**
- **ENGL 1120 English Composition II**
- **Core History or Core Social Science**
- **3 PHED Elective**
- **3 KINE 1100 Wellness or 1103 Wellness**

#### Hours
- **Fall**: 16
- **Spring**: 14

### Sophomore

#### Fall
- **Core Literature**
- **Core Fine Arts**
- **Core Social Science**
- **KINE 2250 Motor Development Across the Lifespan or 2253 Motor Development Across the Lifespan**
- **KINE 2251 Motor Development Across the Lifespan Laboratory**
- **BIOL 2500 Human Anatomy and Physiology I**
- **BIOL 2501 Human Anatomy and Physiology I Laboratory**

#### Spring
- Select one of the following:
  - **KINE 3620 Biomechanical Analysis of Human Movement**
  - **KINE 3621 Biomechanical Analysis of Human Movement Laboratory**
  - **Elective**

#### Hours
- **Fall**: 16
- **Spring**: 16

### Junior

#### Fall
- **BIOL 2510 Human Anatomy and Physiology II**
- **BIOL 2511 Human Anatomy and Physiology II Laboratory**
- **Directed Electives**
- **KINE 3680 Physiology of Exercise**
- **KINE 3681 Physiology of Exercise Lab**

#### Spring
- **3 PHED Elective**
- **1 KINE 3650 Motor Learning and Performance**
- **7 KINE 3651 Motor Learning and Performance Laboratory**
- **3 KINE 5500 Clinical Exercise Testing**
- **1 KINE 5501 Clinical Exercise Testing Laboratory**
- **Directed Electives**

#### Hours
- **Fall**: 15
- **Spring**: 16

### Senior

#### Fall
- **KINE 4450 Physical Activity and Public Health or 4453 Physical Activity and Public Health**

#### Spring
- **3 UNIV 4AA0 University Graduation**

#### Hours
- **Fall**: 3
- **Spring**: 0
<table>
<thead>
<tr>
<th>Course Description</th>
<th>Credits</th>
<th>Notes</th>
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<tbody>
<tr>
<td>KINE Elective²</td>
<td>6</td>
<td>KINE 4930 or KINE 4933</td>
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<td>KINE 5400 Exercise Prescription for Normal and Special Populations</td>
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<tr>
<td>Directed Electives²</td>
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<td>15</td>
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1. Students must complete a history sequence or a literature sequence.
2. Directed Electives and KINE Electives: See advisor for approved course options.