2009-10
ACADEMIC CHECKSHEET
NAME: _____
ADVISOR:

THE UNIVERSITY OF
MONTEVALLO
ID: _____
HEALTH PROMOTION

KINESIOLOGY
DEGREE: BS
DATE:

GENERAL EDUCATION REQUIREMENTS

See UM Bulletin for full explanation.

1. Written Composition (6)

ENG 101 or 103	3____
ENG 102 or 104	3____

2. Humanities & Fine Arts (18)

ENG 231 or 233	3____
ENG 232 or 234	3____
COMS 101	3____
FINE ARTS - ART 100, 218, 219, MC 325, MUS 121, 125, 255, 342, THEA 120	3____

Select 2 courses from the following list, but no more than 1 from Fine Arts: ART 100, 218, 219 MC 325, MUS 121, 125, 255, 342, THEA 120

PHIL 110, 111, 180, 220, 221, 280, 290	3____
FRN/SPN 101, 102, 150, 201, 202, 250 GER 101, 102, 201, 202, HNRS 309	3____

3. Natural Sciences & Mathematics (11)

(Lab sciences in 2 disciplines)

BIO 105	4____
CHEM 101 or 121	4____
(Prerequisite for Chem 102 or 122)	
MATH 147/154 (option: MATH 144 or higher)	3____

4. History, Social & Behavioral Sciences (12)

HIST 101 or 103	3____
HIST 102 or 104	3____
EC 231 or 232	3____
PSYC 201	3____

5. Health & Wellness, Activity (3)

KNES 117	2 *
KNES Activity _____	1 *

6. Computer Applications (1-3)

MIS 161	3____

7. Becoming (3)

UM 101	1____
UM 201	1____
UM 301	1____

8. Writing Reinforcement (12)

(Major courses may fulfill the remaining 6 hours. See published list of approved WR courses.)

Soph ENG 231 Junior _____
Soph ENG 232 Senior _____

9. Additional Hours Required for BS Degree

Science/Math (7 Hours beyond 11 Hr. Gen. Ed. Req.)

BIO 341 Anatomy 4
BIO 342 Physiology 4
(Prerequisite CHEM 102 or 122)

* Satisfied in Major Course Requirements

Updated 5-12-08

MAJOR COURSE REQUIREMENTS - 56 hours

KNES 190 (Survey of Kinesiology)	2____
KNES 200 (Care & Prevention of Ath. Injuries)	3____
KNES 210 (Personal Health)	3____
KNES 211 (Motor Development)	3____
KNES 300 (First Aid/Prevention)	2____
KNES 301 (Individual & Dual Sports)	3____
KNES 310 (Sports Nutrition)	3____
KNES 380 (Physiology of Exercise)	3____
KNES 381 (Kinesiology)	3____
KNES 398 (Exercise Testing and Evaluation)	3____
KNES 472 (Adapted PE)	3____
KNES 498 (Sport/Fitness Management)	3____
KNES 499 (Health-Fitness Program Design)	3____
KNES Activity Requirements (7)	
KNES 103 (Aerobic Exercise)	1____
KNES 150 (Physical Conditioning)	1____
KNES 153 (Cycling/Jogging/Walking)	1____
KNES 165 (Dance, Ballroom)	1____
KNES 215 (Weight Training)	1____
Elective	1____
Elective	1____

KNES 490 (Internship) 12____

SUPPORT COURSES (6)

GB 100 (Introduction to Business)	3____
PSYC 300 (Descriptive Statistics)	3____

RESTRICTED ELECTIVES

(Must be approved by faculty advisor)

_____
_____
_____
_____

Total Hours Required:	130
Total Hours Completed to Date:	____
Hours Remaining for Completion:	____
Hours Currently Registered:	____
Hours Remaining:	____