

NAME: _____

ID: _____

DEGREE: BS

ADVISOR: _____

HEALTH PROMOTION

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 or 102 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 3____
 GER 101, 102, 201, 202, HNRS 309
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

****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:	_____