2012-13
ACADEMIC CHECKSHEET

THE UNIVERSITY OF
MONTEVALLO

KINESIOLOGY

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, 122, 125, 255, 342; THEA 120, 122 3____
Select 2 courses from the following list, but no more than 1 from Fine Arts: ART 100, 218, 219; MC 325; MUS 121, 122, 125, 255, 342; THEA 120, 122;
PHIL 110, 111, 180, 220, 221, 230, 280, 290;
FRN/SPN 101, 102, 150, 201, 202, 250; 3____
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 120 3_*__

6. Computer Applications (1-3)

MIS 161 3____

7. Additional Hours Required for BS Degree

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

* Satisfied in Major Course Requirements

****MAJOR COURSE REQUIREMENTS - 60 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 201 (Team Sports) or
KNES 301 (Individual & Dual Sports) 3____
KNES 310 (Sports Nutrition) 3____
KNES 380 (Physiology of Exercise) 4____
KNES 381 (Kinesiology) 3____
KNES 398 (Exercise Testing and Evaluation) 4____
KNES 472 (Adapted PE) 3____
KNES 494 (Exercise&Wellness for Senior Adults) 3____
KNES 496 (Strength and Conditioning) 3____
KNES 497 (Pharmacology) 3____
KNES 498 (Sport/Fitness Management) 3____
KNES 499 (Health-Fitness Program Design) 3____

KNES 490 (Internship) 12____

SUPPORT COURSES (6)

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

RESTRICTED ELECTIVES (7)

(Must be approved by faculty advisor)

_____
_____
_____
_____

Graduation Requirements:
1. 50% of major at UM
2. 30 hours of 300/400 level work at UM
3. 30 of last 40 hours at UM

Total Hours Required: 130

Total Hours Completed to Date: ____

Hours Remaining for Completion: ____

Hours Currently Registered: ____

Hours Remaining: ____

Updated 04/13/2012