

# 2015-2016 Kinesiology BS Degree Plan



UNIVERSITY of  
MONTEVALLO

Student name: \_\_\_\_\_ UMID: \_\_\_\_\_ Date: \_\_\_\_\_  
 Advisor name: \_\_\_\_\_ Concentration: Health Promotion

**The Purpose of General Education is to Gain:**

- Knowledge of Human Cultures and the Physical and Natural World
- Intellectual and Practical Skills
- Personal and Social Responsibility
- Integrative and Applied Learning

**Key Courses For General Education (50 hours)**

1. **Written Composition (6)**  
 Choose ENG 101 or 103 3 \_\_\_\_\_  
 Choose ENG 102 or 104 3 \_\_\_\_\_
2. **Humanities & Fine Arts (18)**  
 Choose one: ENG 231/233 or 232/234\* 3 \_\_\_\_\_  
\*Students must take at least one six hour sequence in Literature or History. Students are free to take both sequences.  
 Choose COMS 101 or 102 3 \_\_\_\_\_  
 Choose one Fine Arts: ART 100, 218, 219; MC 325; MUS 121/122, 125, 211, 255, 342; THEA 120/122. 3 \_\_\_\_\_  
 Choose one Humanities:  
 ENG 231/233, 232/234; FRN 101, 102, 150, 201, 202, 250; SPN 101/103, 102,104, 150, 201, 202, 250; GER 101, 102, 201, 202; PHIL 110/111, 180, 220/221, 230, 280, 290. 3 \_\_\_\_\_  
 Choose two of the following (not used above):  
 ART 100, 218, 219; ENG 231/233, 232/234; 3 \_\_\_\_\_  
 FRN/SPN 101, 102, 150, 201, 202, 250; 3 \_\_\_\_\_  
 GER 101, 102, 201, 202; MC 325;  
 MUS 121/122, 125, 211, 255, 342; PHIL 110/111, 180, 220/221, 230, 280, 290; THEA 120/122.
3. **Natural Sciences & Mathematics (11)**  
 Choose BIO 105 4 \_\_\_\_\_  
 Choose CHEM 101 or 121 4 \_\_\_\_\_  
 Choose MATH 147 or 154 (or MATH 144 or higher) 3 \_\_\_\_\_
4. **History, Social & Behavioral Sciences (12)**  
 Choose one: HIST 101/103 or 102/104\* 3 \_\_\_\_\_  
\*Students must take at least one six hour sequence in Literature or History. Students are free to take both sequences.  
 Choose EC 231 or 232 3 \_\_\_\_\_  
 Choose PSYC 201 3 \_\_\_\_\_  
 Choose one of the following not used above:  
 FCS 291, 402; GEOG 231; 3 \_\_\_\_\_  
 HIST 101/103, 102/104; POS 200, 250;  
 PSYC/SWK 203, 322; SOC 101; SWK 260
5. **Personal Development (3)**  
 Choose MIS 161 3 \_\_\_\_\_

**Major Course Requirements (57 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 Physical Education)          | 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 Course (3 hours)**

- |                                   |         |
|-----------------------------------|---------|
| PSYC 300 (Descriptive Statistics) | 3 _____ |
|-----------------------------------|---------|

**General Electives (none required)**

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**Minor Course Requirements (Optional)**

Title: \_\_\_\_\_ Hrs. Req. \_\_\_\_\_

\_\_\_\_\_

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**GENERAL GRADUATION REQUIREMENTS**

- |                                   |  |
|-----------------------------------|--|
| 1. 50% of hrs in major area at UM | 5. 45 hr limit of non-traditional credit                 |
| 2. 30 hrs 300/400 at UM           | 6. 6-hr sequence in history or literature                |
| 3. 30 of last 40 hours at UM      | 7. Capstone experience within major                      |
| 4. 64 hr limit from 2-year school | 8. 2.0 or higher UM GPA and in all major and minor areas |

**Additional Requirements for Degree (8 hours)**

- Bachelor of Science (BS) Requirements**
- Choose BIO 341 Anatomy or 201 4 \_\_\_\_\_
- Choose BIO 342 Physiology or 202 4 \_\_\_\_\_
- (CHEM 102 is a prereq for BIO 341 and 342)**

Total Hours Required:	121
Total Hours Completed to Date:	_____
Hours Remaining for Completion:	_____
Hours Currently Registered:	_____
Hours Remaining:	_____