

2016-2017 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, 232 or 234. 3 _____
 Students must complete a six-hour sequence in either History or Literature. Students may complete both sequences.
Choose COMS 101 or 102. 3 _____
Choose one Fine Arts: ART 100, 218, 219; 3 _____
 MC 325; MUS 121 or 122, 125, 211, 255, 342;
 THEA 120 or 122.
Choose one Humanities:
 ENG 231 or 233, 232 or 234; FRN 101, 102, 150, 3 _____
 201, 202, 250; SPN 101 or 103, 102 or 104, 150,
 201, 202, 250; GER 101, 102, 201, 202;
 PHIL 110 or 111, 180, 220 or 221, 230, 280, 290.
Choose two of the following (not used above):
 ART 100, 218, 219; ENG 231 or 233, 232 or 234; 3 _____
 FRN 101, 102, 150, 201, 202, 250; SPN 101 or 103, 3 _____
 102 or 104, 150, 201, 202, 250; GER 101, 102, 201,
 202; MC 325; MUS 121 or 122, 125, 211, 255, 342;
 PHIL 110 or 111, 180, 220 or 221, 230, 280, 290;
 THEA 120 or 122.
3. **Natural Sciences & Mathematics (11)**
Choose BIO 105 or 107. 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 history: HIST 101, 103, 102, 104. 3 _____
 Students must complete a six-hour sequence in either History or Literature. Students may complete both sequences.
Choose EC 231 or 232. 3 _____
Choose PSYC 201. 3 _____
Choose one of the following not used above:
 EC 231 or 232; FCS 291, 402; GEOG 231; 3 _____
 HIST 101 or 103, 102 or 104; POS 200, 250;
 SOC 101; SWK 203, 260, 322.
5. **Personal Development (3)**
Choose MIS 161. 3 _____

Additional Requirements for Degree (8 hours)

- Bachelor of Science (BS) Requirements**
- BIO 201 and 202 (or Bio 341 and 342) 4 _____
4 _____
- (BIO 342 requires either CHEM 102 or 122 as a prereq.)

Major Course Requirements (60 hours)

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|--|----------|
| 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)

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|-----------------------------------|---------|
| PSYC 300 (Descriptive Statistics) | 3 _____ |
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General Electives (none required)

Minor Course Requirements (Optional)

Title: _____ Hrs. Req. _____

GENERAL GRADUATION REQUIREMENTS

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|-----------------------------------|--|
| 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 |

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