

BA>KINESIOLOGY>HEALTH AND FITNESS PROMOTION – 4 YEAR GRADUATION PLAN

(All General Education courses must be from the approved list)

Fall – Freshman (16 credits)

WU 101 The Washburn Experience (3)
EN 101 Freshman Composition (3) or EN102 Honors English (3)
KN 250 Introduction to Kinesiology (2)
BI 100 Introduction to Biology – **Health Emphasis** (3)
BI 101 Introduction to Biology lab (2)
Humanities *Gen Ed Elective* (3) - Art, Music or Theater (3)

Spring – Freshman (15 credits)

KN 248 Wellness Concepts and Application (3)
Social Science *Gen Ed Elective* – SO General Sociology (3)
Social Science *Gen Ed Elective* – PY 100 Basic Concepts in Psychology (3)
Humanities *Gen Ed Elective* (3)
MA 116 College Algebra (3) OR MA 112 Essential Mathematics (3)

Fall – Sophomore (16 credits)

BI 250 Human Anatomy (3)* (BI 100)
Humanities *Gen Ed Elective* (3)
KN 257 Prevention & Care of Athletic Injuries (3)
Social Science *Gen Ed Elective* (3)
KN 266 Microcomputer Applic to Kinesiology (2) (KN or PE major)
KN Activity Techniques (2) (choose one - KN341,343,344 or 345)*
prereq: KN248 and KN250)

Spring – Sophomore (16 credits)

KN 321 Anatomical Kinesiology (3)* (BI 250)
Humanities *Gen Ed Elective* (3)
Social Science *Gen Ed Elective* (3)
Natural Science *Gen Ed Elective* (3)
HL 207 Stress and Weight Management (2)
KN 342 Activity Techniques II (2)* (KN 248 & KN 250)

Fall – Junior (17 credits)

EN 300 Advanced Composition (3)
BI 255 Human Physiology (4)* (BI 100, BI101)
Correlated Course Requirement (3)
KN 306 Org and Admin in Kinesiology (3)* (Junior Standing)
or KN330 Admin of Ex and Rehab Sci (3)* (Junior Standing)
Foreign Language @ 101 level (4)

Spring – Junior (16 credits)

KN Elective Requirement (3)*
KN 326 Physiology of Exercise (3)* (BI 255)
KN 300 Psych of Sport/Phys Activity (3)* (KN248 and KN250, or Junior Standing and consent)
or KN 318 Exercise Psychology (3)* (KN248 and KN250, or Junior Standing and consent)
Correlated Course Requirement (3)
Foreign Language @ 102 level (4)

Fall – Senior (17 credits)

KN Elective Requirement (3)*
KN 410 Fit Testing and Exer Prescription (3)* (KN 342 and KN 326)
Natural Science *Gen Ed Elective* (3)
HL 377 Critical Issues in Health (2) (KN248 or consent)
Correlated Course Requirement (3)
Correlated Course Requirement (3)

Spring – Senior (9)

Social Science *Gen Ed Elective* (3)
Humanities *Gen Ed Elective* (3)
KN 498 Internship (3-6) (**Internship requires current First Aid and CPR certifications**)

KEY: * = prerequisite required

(revised for Fall 2018)