

Kinesiology

Kinesiology Major: Exercise Bioenergetics Concentration

A grade of C or better is required in all math, science, and major courses and CMST 101.

Note: UAB requires 120 total semester hours in order to graduate. Students with this major may need additional electives to meet this requirement.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core C requirements.

Bachelor of Science in Kinesiology with a Concentration in Exercise Bioenergetics

Requirements	Hours
Blazer Core Curriculum Requirements ¹	41
As part of the Blazer Core take the following:	
EH 101 English Composition I ² or EH 106 Introduction to Freshman Writing I	
EH 102 English Composition II ² or EH 107 Introduction to Freshman Writing II	
CMST 101 Public Speaking ³	
BY 101 Topics in Contemporary Biology & BY 102 and Topics Contemporary Biology Laboratory ⁴ or BY 123 Introductory Biology I & 123L and Introductory Biology I Laboratory	
CH 105 Introductory Chemistry I & CH 106 and Introductory Chemistry I Laboratory ⁴	
MA 106 Pre-Calculus Trigonometry ⁵	
PY 101 Introduction to Psychology ⁶	
City as Classroom: Choose One Course	
ECY 200 Disability in Society ⁷ or CHHS 141 Lifelong Health & Wellness	
Lower Level ⁹	21-24
BY 115 Human Anatomy	
BY 116 Introductory Human Physiology	
First Aid/CPR Certification Required ⁸	0-3
CHHS 140 Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR ⁸	
CHHS 141 Lifelong Health & Wellness ⁸	
EPR 214 Introduction to Educational Statistics	
NTR 222 Nutrition and Health	
CH 107 Introductory Chemistry II & CH 108 and Introductory Chemistry II Laboratory	
Major Requirements ⁹	
Aquatics	1
Select one from the following:	
KIN 101 Beginning and Advanced Beginning Swimming	
KIN 102 Intermediate Swimming/Swimmer Course	
KIN 103 Lifeguard Training	
KIN 115 Weight Training	1
KIN 131 Aerobics	1

KIN 222	Concepts of Health and Fitness	3
KIN 307	Applied Kinesiology	3
KIN 400	Physiology of Exercise	4
KIN 405	Sports Nutrition	3
KIN 485	Exercise Testing/Prescription ¹¹	3
NTR 232	Lifecycle Nutrition	3
NTR 320	Nutrition and the Consumer	3
NTR 330	Nutrition and Metabolism	3
NTR 420	Nutritional Genetics	3
NTR 421	Nutrition Assessment and the Nutrition Care Process	3
BY 261	Introduction to Microbiology	4

Kinesiology Electives

Select 15 credits from the following:		15
KIN 305	Motor Development	
KIN 340	Planning/Management of Fitness Facilities	
KIN 402	Basic Athletic Training	
KIN 425	Biomechanics	
KIN 440	Strength & Conditioning I	
KIN 450	Physical Activity for Individuals with Disabilities/SL	
KIN 451	Physical Activity for Senior Adults	
KIN 456	Mental Performance in Exercise, Fitness, and Sport	
KIN 460	Clinical Exercise Physiology	
KIN 470	Advanced Treatment Athletic Training	
KIN 492	Special Projects in Kinesiology	
KIN 499	Kinesiology Internship ^{10,11}	
Internship		
KIN 499	Kinesiology Internship ^{10,11}	3
Total Hours		118-124

A minimum of 121 hours are required for graduation. Students may need to take additional kinesiology electives to reach the credit hour requirement. Elective hours may vary based on course selection. A grade of "C" or higher is required in all math, science, major courses, and CMST 101.

¹ Blazer Core Curriculum requirements

² Fulfills Blazer Core Academic Foundations: Freshman Writing requirement.

³ Fulfills Blazer Core Academic Foundations: Communication in the Modern World requirement.

⁴ Fulfills Blazer Core Thinking Broadly: Scientific Inquiry requirement. Select one sequence from CH 105 & CH 106 or CH 115 & 116. Select one sequence from BY 101 & BY 102 or BY 123 & BY 123L.

⁵ Fulfills Blazer Core Academic Foundations: Quantitative Literacy requirement.

⁶ Fulfills Blazer Core Thinking Broadly: Humans and their Societies requirement.

⁷ May substitute another City as Classroom Blazer Core Requirement.

⁸ Students must complete a 0-credit hour waiver or complete CHHS 140. KIN First Aid/CPR/AED Certification waiver form: <https://forms.office.com/r/wEsEHw5dn9>

⁹ Must earn a C or better to fulfill requirements in Lower Level and Major.

¹⁰ The 3-hour elective is in addition to the 3 hours of KIN 499 in the Internship section. No more than a total of 6 hours of KIN 499 may be applied to the degree.

¹¹ Students who are in the Department of Human Studies Honors Program will be placed in the Honors Section of KIN 485 and 499.

Proposed Plan of Study for Bachelor of Science in Kinesiology with a Concentration in Exercise Bioenergetics

Freshman

First Term	Hours	Second Term	Hours	Summer Term	Hours
EDU 100		3 CH 105 & CH 106		4 CH 107 & CH 108	4
EH 101 or 106		3 ECY 200		3 CMST 101	3
MA 106		3 EH 102 or 107		3 Blazer Core: Academic Foundations - Reasoning	3
NTR 222		3 KIN 101		1	
Blazer Core: Thinking Broadly		3 PY 101		3	
		Blazer Core: Thinking Broadly		3	
	15		17		10

Sophomore

First Term	Hours	Second Term	Hours	Summer Term	Hours
BY 101 & BY 102		4 BY 115 & 115L		4 BY 116 & 116L	4
CHHS 141		3 CHHS 140		3 KIN 307	3
EPR 214		3 NTR 320		3	
KIN 115		1 NTR 330		3	
NTR 232		3 Kinesiology Elective		3	
Blazer Core: Thinking Broadly		3			
	17		16		7

Junior

First Term	Hours	Second Term	Hours	Summer Term	Hours
BY 261 & 261L		4 KIN 131		1 KIN 499	3
KIN 222		3 KIN 405		3 Kinesiology Elective	3
KIN 400		4 KIN 485		3 Kinesiology Elective	3
NTR 420		3 NTR 421		3	
Kinesiology Elective		3 Kinesiology Elective		3	
	17		13		9

Total credit hours: 121

Kinesiology Major: Exercise Science Concentration

A grade of C or better is required in all math, science, and major courses and CMST 101. Note: UAB requires 120 total semester hours in order to graduate. Students with this major may need additional electives to meet this requirement.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core Curriculum requirements stated in this catalog.

Bachelor of Science in Kinesiology with a Concentration in Exercise Science

Requirements	Hours
Blazer Core Requirements ¹	41
As a part of the Core take the following:	

EDU 100	Touch the Future
EH 101 or EH 106	English Composition I ² Introduction to Freshman Writing I
EH 102 or EH 107	English Composition II ² Introduction to Freshman Writing II
MA 106	Pre-Calculus Trigonometry ⁵
Academic Foundations: Reasoning	
CMST 101	Public Speaking ³
Thinking Broadly: History and Meaning	
Thinking Broadly: Creative Arts	
PH 201 or PH 221	College Physics I General Physics I
CH 105 & CH 106 or CH 115 & CH 116	Introductory Chemistry I and Introductory Chemistry I Laboratory ⁴ General Chemistry I and General Chemistry I Laboratory
PY 101	Introduction to Psychology
Thinking Broadly: Choose one course from History & Meaning, Creative Arts, or Humans and their Societies	
City as Classroom: Choose One Course	
ECY 200 or CHHS 141	Disability in Society ⁶ Lifelong Health & Wellness
Lower Level Requirements ⁷	
BY 115	Human Anatomy 4
BY 116	Introductory Human Physiology 4
First Aid/CPR Certification Required ⁸	
CHHS 140	Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR ⁸ 3
CHHS 141	Lifelong Health & Wellness 3
EPR 214 or MA 180	Introduction to Educational Statistics Introduction to Statistics 3
Major Requirements ⁷	
Aquatics	1
Select one of the following:	
KIN 101	Beginning and Advanced Beginning Swimming
KIN 102	Intermediate Swimming/Swimmer Course
KIN 103	Lifeguard Training
KIN 115	Weight Training 1
KIN 131	Aerobics 1
KIN 136	Intro to Kinesiology: Exercise Science, Physical Education, and Sport 3
KIN 307	Applied Kinesiology 3
KIN 400	Physiology of Exercise 4
KIN 405	Sports Nutrition 3
KIN 425	Biomechanics 3
KIN 485	Exercise Testing/Prescription ¹¹ 3
Kinesiology/CHHS Elective Courses 18-21	
KIN 132	Group Exercise Leadership
KIN 222	Concepts of Health and Fitness
KIN 305	Motor Development
KIN 340	Planning/Management of Fitness Facilities
KIN 402	Basic Athletic Training
KIN 440	Strength & Conditioning I
KIN 450	Physical Activity for Individuals with Disabilities/SL
KIN 451	Physical Activity for Senior Adults
KIN 456	Mental Performance in Exercise, Fitness, and Sport
KIN 460	Clinical Exercise Physiology

KIN 470	Advanced Treatment Athletic Training	
KIN 492	Special Projects in Kinesiology	
KIN 499	Kinesiology Internship ^{10,11}	
CHHS 342	Professional Skills for Health & Wellness Promotion ⁹	
or CHHS 402	Mental Health, Stress Management & Wellness Promotion	
or CHHS 420	Interpersonal Skills & Coaching to Improve Health & Well-being	
Major Science Elective Requirements - Choose 18-22 hours ^{10, 11}		18-22
HCM 330	Health Care Systems	
HCM 350	Medical Terminology for Health Professionals	
BY 123	Introductory Biology I	
BY 124	Introductory Biology II	
BY 210	Genetics	
BY 216	Pathophysiology	
or NMT 320	Human Pathophysiology	
BY 261	Introduction to Microbiology	
BY 271	Biology of Microorganisms	
BY 314	Embryology	
BY 327	Histology	
BY 330	Cell Biology	
BY 409	Principles of Human Physiology	
BY 420	General Endocrinology	
CH 107/108	Introductory Chemistry II	
or CH 117/118	General Chemistry II	
CH 235/236	Organic Chemistry I	
CH 237/238	Organic Chemistry II	
CH 460	Fundamentals of Biochemistry	
MA 125	Calculus I	
MA 126	Calculus II	
MHP 601	Principles of Health Physics	
PH 202	College Physics II	
or PH 222	General Physics II	
PY 218	Psychopathology	
PY 330	Sport Psychology	
NMT 605	Cross-Sectional Anatomy	
Internship		
KIN 499	Kinesiology Internship ^{10,11}	3
Total Hours		119-126

A minimum of 120 hours is required for graduation. Students may need to take additional science or kinesiology electives to reach the credit hour requirement. Elective hours may vary based on course selection.

¹ Blazer Core Curriculum requirements

² Fulfills Blazer Core Writing

³ Fulfills Blazer Core Communication in the Modern World

⁴ Fulfills Blazer Core Scientific Inquiry. Select one sequence from CH 105 & CH 106 or CH 115 & 116. Select one from PH 201 or PH 221.

⁵ Fulfills Blazer Core Quantitative Literacy

⁶ May substitute another City as Classroom Blazer Core requirement.

⁷ Must earn a C or better to fulfill requirements in Lower Level and Major.

⁸ Students must complete a 0-credit hour waiver or complete CHHS 140. KIN First Aid/CPR/AED Certification waiver: <https://forms.office.com/r/wEsEHw5dn9>

⁹ Students can choose 1 of the 3 CHHS electives, no more than 3 CHHS credits may be applied to the degree.

¹⁰ This elective is in addition to the 3 hours of KIN 499 in the Internship section. No more than a total of 6 hours of KIN 499 may be applied to the degree.

¹¹ Students who are in the Department of Human Studies Honors Program will be placed in the Honors Section of KIN 485 and 499.

Proposed Plan of Study for Bachelor of Science in Kinesiology with a Concentration in Exercise Science

Freshman

First Term	Hours	Second Term	Hours
EDU 100		3 CMST 101	3
EH 101 or 106		3 ECY 200 (or other City as Classroom option)	3
MA 106		3 EH 102 or 107	3
PY 101		3 Blazer Core: Academic Foundations - Reasoning	3
KIN 136		3 Blazer Core: Thinking Broadly	3
		15	15

Sophomore

First Term	Hours	Second Term	Hours
BY 115 & 115L		4 BY 116 & 116L	4
CH 115 & CH 116		4 CH 117 & CH 118	4
CHHS 141		3 First Aid/CPR/AED Certification Required ¹	0-3
KIN 101		1 CHHS 140	
Blazer Core: Thinking Broadly		3 KIN 115	1
Blazer Core: Thinking Broadly		3 KIN 131	1
		MA 180	3
		18	13-16

Junior

First Term	Hours	Second Term	Hours
KIN 305		3 BY 123 & 123L	4
KIN 307		3 KIN 222	3
KIN 402		2 KIN 340	3
PH 201 & 201L		4 KIN 400	4
		PH 202 & 202L	4
		12	18

Senior

First Term	Hours	Second Term	Hours
BY 124 & 124L		4 HCM 350	3
CHHS 342		3 KIN 499	6
KIN 405		3 KIN 425	3

KIN 485	3 KIN 456	3
PY 218	3	
16		15

Total credit hours: 122-125

¹ Students must complete a 0-credit hour waiver or complete CHHS 140. KIN First Aid/CPR/AED Certification waiver: <https://forms.office.com/r/wEsEHw5dn9>

Kinesiology Major: Teacher Certification

A grade of "C" or better is required in all math, science, and major courses. Candidates are required to successfully pass field experience identified in their Teacher Education Program (TEP) courses. Students will be given a grade of Satisfactory or Unsatisfactory based on the course-stated requirements and objectives for the field experience. Any candidate who fails to receive a Satisfactory rating in the field experience will be assigned a final course grade of "F" for the course.

Core Curriculum for Kinesiology Major: Teacher Certification

EH 101/102 requires one grade of at least a "B" or higher and one grade of "C" or higher for teacher certification.

Bachelor of Science in Kinesiology with a Concentration in Physical Education

Requirements		Hours
Blazer Core Requirements ¹		41
EH 101/106	English Composition I ²	
EH 102/107	English Composition II ²	
CMST 101	Public Speaking ³	
PY 101	Introduction to Psychology ⁴	
See Biology for one Blazer Core: Scientific Inquiry		
See Chemistry for one Blazer Core: Scientific Inquiry		
Lower Division Requirements		
BY 115	Human Anatomy	4
BY 116	Introductory Human Physiology	4
EPR 214	Introduction to Educational Statistics	3
or MA 180	Introduction to Statistics	
Required CPR Training ⁵		0-3
CHHS 140	Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR ⁵	
Foundations & Professional Studies		
ECY 300	Survey of Special Education	3
EDU 200	Education as a Profession	3
EDF 362	Foundations of Education I: Social, Historical, Philosophical	3
EPR 363	Foundations of Education II: Psychological	3
EDR 421	Reading in Content Areas	1
Major Requirements		
Aquatics		1
Select one of the following courses:		
KIN 101	Beginning and Advanced Beginning Swimming	
KIN 102	Intermediate Swimming/Swimmer Course	
KIN 103	Lifeguard Training	
Kinesiology Courses		
KIN 114	Rec Games/Outdoor Leisure	1

KIN 115	Weight Training	1
KIN 117	Team Sports	1
KIN 118	Sports Using Implements	1
KIN 131	Aerobics	1
KIN 136	Intro to Kinesiology: Exercise Science, Physical Education, and Sport	3
KIN 201	Officiating Techniques	1
KIN 300	Organization in Physical Education and Coaching	3
KIN 305	Motor Development	3
KIN 307	Applied Kinesiology	3
KIN 400	Physiology of Exercise	4
KIN 402	Basic Athletic Training	2
KIN 407	Coaching Young Athletes	3
Kinesiology Teaching Field Courses (TEP Admission Required)		
KIN 308	Adapted Physical Education	3
KIN 311 & 311L	Elementary School Physical Education and Educational Dance and Gymnastics	4
KIN 320 & 320L	Teaching Skill Acquisition in Secondary Schools and Sports Skill Proficiency	4
KIN 323	Techniques Teaching Fitness and Nutrition in Schools	3
KIN 409	Assessment in Physical Education	3
KIN 489	Physical Education Instructional Strategies for P-12	6
Internship		
KIN 495	Elementary & Secondary Physical Education Student Teaching	9
Total Hours		125-128

A minimum of 120 hours are required for graduation. Students may need to take general electives to reach the credit hour requirement. Elective hours may vary based on course selection.

- ¹ Blazer Core requirements
- ² Fulfills a Blazer Core Academic Foundations: Freshman Writing course requirement.
- ³ Fulfills the Blazer Core Academic Foundations: Communication in the Modern World course requirement.
- ⁴ Fulfills a Blazer Core Thinking Broadly: Humans and Their Societies course requirement.
- ⁵ See Kinesiology Physical Education program faculty for 0 credit hour CHHS 140 waiver.

Bachelor of Science in Kinesiology with a Concentration in Physical Education

Freshman			
First Term	Hours	Second Term	Hours
EDU 100		3 EDU 200	3
EH 101		3 EH 102	3
MA 105		3 BY 101 & BY 102	4
PY 101		3 KIN 114	1
EDR 421		1 KIN 118	1
Blazer Core: Reasonings Course		3 Blazer Core: History and Meaning	3
		Blazer Core: Thinking Broadly	3
		16	18

Sophomore

First Term	Hours	Second Term	Hours
CH 105 & CH 106		4 ECY 300	3
CHHS 140		3 BY 115	4
EDF 362		3 EPR 363	3
CMST 101		3 KIN 101	1
KIN 115		1 KIN 136	3
KIN 117		1 KIN 201	1
KIN 131		1 Blazer Core: City as Classroom	3
Blazer Core: Creative Arts		3	

19 18
Junior

First Term	Hours	Second Term	Hours
BY 116		4 EPR 214	3
CHHS 141		3 KIN 307	3
KIN 300		3 KIN 311 & 311L	4
KIN 305		3 KIN 320 & 320L	4
KIN 407		3 KIN 409	3

16 17
Senior

First Term	Hours	Second Term	Hours
KIN 400		4 KIN 495	9
KIN 402		2	
KIN 308		3	
KIN 323		3	
KIN 489		6	

18 9
Total credit hours: 131

Kinesiology Major: Sports Physiology & Performance Concentration

A grade of "C" or better is required in all math, science, and major courses and CMST 101. Note: UAB requires 120 total semester hours in order to graduate. Students with this major will need additional electives to meet this requirement.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core requirements stated in this catalog.

Bachelor of Science in Kinesiology with a Sports Physiology & Performance Concentration

Requirements	Hours
Blazer Core Requirements ¹	41
EH 101 English Composition I ² or EH 106 Introduction to Freshman Writing I	
EH 102 English Composition II ² or EH 107 Introduction to Freshman Writing II	

CMST 101	Public Speaking ³	
BY 101 & BY 102	Topics in Contemporary Biology and Topics Contemporary Biology Laboratory ⁴	
CH 105 & CH 106	Introductory Chemistry I and Introductory Chemistry I Laboratory ⁴	
MA 105	Pre-Calculus Algebra	
PY 101	Introduction to Psychology ⁵	
CHHS 141	Lifelong Health & Wellness	
Lower Level ⁶		
CH 107 & CH 108	Introductory Chemistry II and Introductory Chemistry II Laboratory	4
BY 115	Human Anatomy	4
BY 116	Introductory Human Physiology	4
CHHS 140	Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR	3
KIN 222	Concepts of Health and Fitness	3
KIN 136	Intro to Kinesiology: Exercise Science, Physical Education, and Sport	3
EPR 214	Introduction to Educational Statistics	3
MA 106	Pre-Calculus Trigonometry	3
Major Requirements ⁶		
KIN 115	Weight Training	1
Choose three of the following KIN electives:		3
KIN 101	Beginning and Advanced Beginning Swimming	
KIN 102	Intermediate Swimming/Swimmer Course	
KIN 103	Lifeguard Training	
KIN 104	Tennis	
KIN 105	Golf	
KIN 108	Weight Training and Aerobics	
KIN 110	Racquetball	
KIN 111	Outdoor Pursuits Leadership	
KIN 112	Dance and Gymnastics	
KIN 114	Rec Games/Outdoor Leisure	
KIN 117	Team Sports	
KIN 118	Sports Using Implements	
KIN 119	Football	
KIN 121	Soccer	
KIN 122	Basketball	
KIN 128	Rock Climbing	
KIN 124	Beginning Whitewater Kayaking	
KIN 130	Scuba Diving	
KIN 131	Aerobics	
KIN 132	Group Exercise Leadership	
KIN 305	Motor Development	3
KIN 307	Applied Kinesiology	3
KIN 340	Planning/Management of Fitness Facilities	3
KIN 400	Physiology of Exercise	4
KIN 402	Basic Athletic Training	2
KIN 405	Sports Nutrition	3
KIN 425	Biomechanics	3
KIN 440	Strength & Conditioning I	3
KIN 485	Exercise Testing/Prescription ⁹	3
MG 302	Management Processes and Behavior	3
General Electives: (Choose Five) ^{6,8}		15
KIN 407	Coaching Young Athletes	
KIN 450	Physical Activity for Individuals with Disabilities/SL	
KIN 460	Clinical Exercise Physiology	

KIN 470	Advanced Treatment Athletic Training	
KIN 492	Special Projects in Kinesiology	
or KIN 499	Kinesiology Internship	
EC 210	Principles of Microeconomics	
EC 211	Principles of Macroeconomics	
EC 415	Sports Economics	
MK 333	Sports Marketing	
MG 409	Human Resource Management	
MG 430	Management and Leadership in Sports and Entertainment Organizations	
BUS 310	Accounting and Finance for Nonbusiness Majors	
PY 218	Psychopathology ¹⁰	
or PY 330	Sport Psychology	
Internship:		
KIN 499	Kinesiology Internship ⁸	3
Total Hours		120

A minimum of 120 hours are required for graduation. Students may need to take general electives to reach the credit hour requirement. Elective hours may vary based on course selection.

¹ Blazer Core requirements

² Fulfills Blazer Core Academic Foundations: Freshman Writing requirement.

³ Fulfills Blazer Core Academic Foundations: Communication in the Modern World requirement.

⁴ Fulfills Blazer Core Thinking Broadly: Scientific Inquiry requirement.

⁵ Fulfills Blazer Core Thinking Broadly: Humans and their Societies requirement.

⁶ Must earn a C or better to fulfill a lower level or major requirement.

⁷ Must take if not taken as a part of the Blazer Core.

⁸ The 3-hour elective is in addition to the 3 hours of KIN 499 in the "Internship" section. No more than a total of 6 hours of KIN 499 may be applied to the degree.

⁹ Students who are in the Department of Human Studies Honors Program will be placed in the Honors Section of KIN 485 and KIN 499.

¹⁰ May not choose more than one Psychology elective

Proposed Plan of Study for Bachelor of Science in Kinesiology with a Sports Physiology & Performance Concentration

Freshman					
First Term	Hours	Second Term	Hours	Summer Term	Hours
EDU 100	3	CH 105 & CH 106	4	CH 107 & CH 108	4
EH 101 or 106	3	ECY 200	3	CMST 101	3
MA 106	3	EH 102 or 107	3	Blazer Core: Academic Foundations - Reasoning	3
NTR 222	3	KIN 101	1		
Blazer Core: Thinking Broadly	3	PY 101	3		
		Blazer Core: Thinking Broadly	3		
15		17		10	

Sophomore

First Term	Hours	Second Term	Hours	Summer Term	Hours
BY 101 & BY 102	4	BY 115 & 115L	4	BY 116 & 116L	4
CHHS 141	3	CHHS 140	3	KIN 307	3
EPR 214	3	NTR 320	3		
KIN 115	1	NTR 330	3		
NTR 232	3	Kinesiology Elective	3		
Blazer Core: Thinking Broadly	3				
17		16		7	

Junior

First Term	Hours	Second Term	Hours	Summer Term	Hours
BY 261 & 261L	4	KIN 131	1	KIN 499	3
KIN 222	3	KIN 405	3	Kinesiology Elective	3
KIN 400	4	KIN 485	3	Kinesiology Elective	3
NTR 420	3	NTR 421	3		
Kinesiology Elective	3	Kinesiology Elective	3		
17		13		9	

Total credit hours: 121

Minor in Athletic Coaching

A grade of "C" or better is required in all courses in the minor. Students cannot apply courses toward both a major and minor.

Requirements	Hours	
First Aid/CPR Certification Required	0-3	
CHHS 140	Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR ¹	
Biology		
BY 115	Human Anatomy	4
Kinesiology		
KIN 222	Concepts of Health and Fitness	3
KIN 115	Weight Training	1
KIN 117	Team Sports	1
KIN 118	Sports Using Implements	1
KIN 201	Officiating Techniques	1
KIN 307	Applied Kinesiology	3
KIN 402	Basic Athletic Training	2
KIN 407	Coaching Young Athletes	3
Kinesiology Elective		
Take any 100 Level KIN course		1
Total Hours	20-23	

¹ Students can choose to complete a 0-credit hour waiver for CHHS 140. KIN First Aid/CPR/AED Certification waiver form: <https://forms.office.com/r/wEsEHw5dn9>

Minor in Kinesiology Exercise Science

A grade of 'C' or better is required in all courses in the minor. Students cannot apply courses toward both major and minor course requirements. Students may need to take additional electives to reach the 20-hour requirement in order to receive the minor.

Requirements	Hours
CHHS 140	Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR3
CHHS 141	Lifelong Health & Wellness3

or KIN 222	Concepts of Health and Fitness	
BY 115	Human Anatomy	4
BY 116	Introductory Human Physiology	4
KIN 400	Physiology of Exercise	4
Electives (Choose 2-6 Hours)		2-6
KIN 132	Group Exercise Leadership ¹	
KIN 305	Motor Development	
KIN 307	Applied Kinesiology	
KIN 402	Basic Athletic Training ¹	
KIN 405	Sports Nutrition	
KIN 425	Biomechanics ¹	
KIN 440	Strength & Conditioning I	
KIN 450	Physical Activity for Individuals with Disabilities/SL ¹	
KIN 451	Physical Activity for Senior Adults ¹	
KIN 460	Clinical Exercise Physiology ¹	
KIN 470	Advanced Treatment Athletic Training ²	
KIN 485	Exercise Testing/Prescription ¹	
Total Hours		20-24

The BY 115, BY 116, and CHHS 140 requirements are waived for ONLY students majoring in Biomedical Sciences, who have completed BMD 310 (4 hrs.), BMD 315 (4 hrs.), and CDS 425 (1 hr.), respectively. As BMD 310, BMD 315, and CDS 425 cannot be used to satisfy both the Biomedical Sciences major and the Exercise Science minor, students must replace these 9 hours with courses from the Electives listed below. These replacement hours must include KIN 307.

¹ Pre-reqs will be waived for electives as long as the student has completed the required courses.

² Requires successful completion of KIN 402.