# Kinesiology and Health (AS)
## Kinesiology and Health, Personal Training, and Health Coach

### COURSES

<table>
<thead>
<tr>
<th>COURSES</th>
<th>REQ. HRS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AREA A: Essential Skills (Require C or better)</strong></td>
<td>9</td>
</tr>
<tr>
<td>Required courses:</td>
<td></td>
</tr>
<tr>
<td>ENGL 1101*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 1102*</td>
<td>3</td>
</tr>
<tr>
<td>Choose one:</td>
<td></td>
</tr>
<tr>
<td>MATH 1001 (a)</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1111</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1113*</td>
<td>3</td>
</tr>
<tr>
<td>MATH 2431</td>
<td>4</td>
</tr>
<tr>
<td><strong>AREA B: Institutional Foundations</strong></td>
<td>4-6</td>
</tr>
<tr>
<td>Required course:</td>
<td></td>
</tr>
<tr>
<td>COMM 1201*</td>
<td>3</td>
</tr>
<tr>
<td>Choose 1-3 hours from the following:</td>
<td></td>
</tr>
<tr>
<td>PRSP 1010</td>
<td>3</td>
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<tr>
<td>RSCH 1203</td>
<td>1</td>
</tr>
<tr>
<td>Foreign Language 1002* or higher (b)</td>
<td>3</td>
</tr>
<tr>
<td><strong>AREA C: Humanities/Fine Arts/Foreign Languages</strong></td>
<td>6</td>
</tr>
<tr>
<td>Choose one:</td>
<td></td>
</tr>
<tr>
<td>ENGL 2111*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 2112*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 2121*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 2122*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 2131*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 2132*</td>
<td>3</td>
</tr>
<tr>
<td>Choose one:</td>
<td></td>
</tr>
<tr>
<td>ARTS 1301*</td>
<td>3</td>
</tr>
<tr>
<td>ARTS 1690</td>
<td>3</td>
</tr>
<tr>
<td>ARTS 1692</td>
<td>3</td>
</tr>
<tr>
<td>ARTS 1694</td>
<td>3</td>
</tr>
<tr>
<td>FILM 1010*</td>
<td>3</td>
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<tr>
<td>Foreign Language 1002* or higher (b)</td>
<td>3</td>
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<tr>
<td>HUMN 1301</td>
<td>3</td>
</tr>
<tr>
<td>HUMN 1303</td>
<td>3</td>
</tr>
<tr>
<td>HUMN 1305</td>
<td>3</td>
</tr>
<tr>
<td>MUSC 1301*</td>
<td>3</td>
</tr>
<tr>
<td>MUSC 1303</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 2010*</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 2020*</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 2030*</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 2040</td>
<td>3</td>
</tr>
<tr>
<td>RELI 1301*</td>
<td>3</td>
</tr>
<tr>
<td>THEA 1301*</td>
<td>3</td>
</tr>
</tbody>
</table>

### STUDENT ID

<table>
<thead>
<tr>
<th>STUDENT ID</th>
<th>COURSES</th>
<th>REQ. HRS</th>
</tr>
</thead>
<tbody>
<tr>
<td>AREA D: Science, Mathematics, and Technology</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Choose two three-hour science courses, each with a one hour lab.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASTR 1010* &amp; ASTR 1010L*</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>ASTR 1020* &amp; ASTR 1020L*</td>
<td>4</td>
<td></td>
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<tr>
<td>BIOL 1402 &amp; BIOL 1402L</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>BIOL 1403 &amp; BIOL 1403L</td>
<td>4</td>
<td></td>
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<tr>
<td>BIOL 1407 &amp; BIOL 1407L</td>
<td>4</td>
<td></td>
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<tr>
<td>CHEM 1151 &amp; CHEM 1151L (c)</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>CHEM 1152 &amp; CHEM 1152L</td>
<td>4</td>
<td></td>
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<tr>
<td>CHEM 1211 &amp; CHEM 1211L</td>
<td>4</td>
<td></td>
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<tr>
<td>CHEM 1212 &amp; CHEM 1212L</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>ENVS 1401* &amp; ENVS 1401L*</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>GEOL 1121* &amp; GEOL 1121L*</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>GEOL 1122* &amp; GEOL 1122L*</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>PHYS 1111 &amp; PHYS 1111L</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>PHYS 1112 &amp; PHYS 1112L</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>PHYS 2211 &amp; PHYS 2211L</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>PHYS 2212 &amp; PHYS 2212L</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Choose one additional science, mathematics, or technology course</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSCI 1100 (d)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>MATH 1070* (formerly 1431)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>MATH 1113*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>MATH 1433</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>MATH 2431</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>MATH 2432</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Any science course with lab from the previous list</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>

(Please see back of page for more information)

* or Honors equivalent

Effective Fall 2015
COURSES

AREA E: Social Sciences ........................................... 12
Required course:
POLS 1101* ................................................................. 3

Choose one:
HIST 2111* ..................................................................... 3
HIST 2112* ..................................................................... 3

Choose one:
HIST 1111* ..................................................................... 3
HIST 1112* ..................................................................... 3

Choose one:
ANTH 1102* .................................................................... 3
CRJU 1100 ..................................................................... 3
ECON 2100 .................................................................... 3
ECON 2105* ................................................................... 3
ECON 2106* ................................................................... 3
GEOG 1101* ................................................................... 3
POLS 2401 ..................................................................... 3
PSYC 1101* (e) .............................................................. 3
SOCI 1101*..................................................................... 3

AREA F: Courses Appropriate to the Program of Study ........................................................ 18
Required courses for all concentrations:
BIOL 1611 and BIOL 1611L (c) ...................................... 4
BIOL 1612 and BIOL 1612L ........................................... 4
PHED 10XX Activity Class .............................................. 1

Choose one concentration (Kinesiology and Health, Personal Trainer, or Health Coach): (f)

Kinesiology and Health required courses: (See special note.)
PHED 2022 ..................................................................... 3
KINS 2025 ..................................................................... 3
KINS 2671 ..................................................................... 3

Personal Training required courses:
PHED 2006 ..................................................................... 3
PHED 2101 ..................................................................... 3
PHED 2102 ..................................................................... 3

Health Coach required courses:
PHED 2006 ..................................................................... 3
PHED 2022 ..................................................................... 3
KINS 2105 ..................................................................... 3

Physical Education Requirements .......................... 2-4
Required course:
PHED 1101 ..................................................................... 1

Choose one:
PHED 2006 (g) ................................................................. 3
PHED 2022 (g) ................................................................. 3
PHED __________ (Activity course) (h) ......................... 1

Important Notes:
(a) Students with credit for MATH 1101 (Introduction to Mathematical Modeling) may substitute MATH 1101 for MATH 1001.
(b) Foreign language options include Arabic, Chinese, French, German, Italian, Japanese, Korean, Portuguese, Russian, and Spanish.
(c) CHEM 1151 and 1151L should be taken in Area D. They are prerequisites for BIOL 1611 and BIOL 1611L.
(d) Students with credit for CSCI 1300 (Introduction to Computer Science) prior to fall 2011 may substitute CSCI 1300 for CSCI 1100. Students may NOT receive credit for both CSCI 1100 and CSCI 1300.
(e) PSYC 1101* should be taken in Area E.
(f) Students must take 9 hours from only one concentration. Students may not take courses from different concentrations.
(g) If not used in Area F.
(h) Students must select a different activity course from the one used in area F.

Total Hours ................................................. 62-66

Special Note: The Kinesiology and Health Concentration is a non-teaching program. Students who are planning to teach Health and Physical Education should follow the Education Program for Health and Physical Education.

* or Honors equivalent