

**College of Health and Human Performance**  
**Department of Kinesiology**  
**Suggested 4 Year Plan for B.S. in Health Fitness Specialist 120crhr**

**FRESHMAN YEAR**

<b>Fall Semester</b>		<b>Spring Semester</b>	
ENGL 1100	3	BITE 2112 <i>or</i> MIS 2223 <i>or</i> KINE 2050	3
PSYC 1000	3	BIOL 2130	4
KINE 1000	1	MATH 1065	3
BIOL 1050 <i>or</i> 1100 <i>or</i> 1150	3	Social Science	3
BIOL 1051 <i>or</i> 1101 <i>or</i> 1151	1	Humanities/Fine Arts	3
HLTH 1000	2		
Humanities/Fine Arts	3	<b>Total</b>	<b>16</b>
<b>Total</b>	<b>16</b>		

*Take (and pass) Department of KINE Fitness Test*

**SOPHOMORE YEAR**

ENGL 2201	3	CHEM 1020 <i>or</i> CHEM 1150 + 1151	3/1
HLTH 2220	3	KINE 3540	2
KINE 2850	1	Social Science	3
KINE 2000	3	NUTR 1000 <i>or</i> 2105	3
PHYS 1250+1251	4	KINE 3800 + 3801	2/1
Humanities/Fine Arts	3		
<b>Total</b>	<b>17</b>	<b>Total</b>	<b>15</b>

*Declare major - must have a 2.0+ GPA & passed Majors Fitness Test*

**JUNIOR YEAR**

KINE 2202	3	KINE 3850	3
KINE approved elective	4	General Education Elective	3
HLTH restricted elective	3	KINE 4020	3
Electives to complete degree	4	KINE 3805 + 3806	3/1
KINE 3880+ 3881 (UD)	2/1	KINE Elective (3000 level or above)	3
<b>Total</b>	<b>17</b>	<b>Total</b>	<b>16</b>

**SENIOR YEAR**

KINE 4030	3	KINE 4800	12
KINE 4801 (UD)	1		
KINE 4805 + 4806* (WI)	1/3	<b>Total</b>	<b>12</b>
KINE 4850 (UD)	3		
HLTH 4200	3		
<b>Total</b>	<b>14</b>	<b>Total hours to graduate</b>	<b>120+</b>

*12crhr must be WRITING INTENSIVE (WI)*

*(UD) = Upper Division/must be declared HFS*

**GRADE OF C- OR BETTER IS REQUIRED IN ALL KINE COURSES**