

**College of Health and Human Performance**  
**Department of Kinesiology**  
**B.S. in Health Fitness Specialist**

This is a **recommended** sequence. Check catalog for prerequisites.  
 Course availability may vary from semester to semester.

**FRESHMAN YEAR**

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

**SOPHOMORE YEAR**

<u>Fall Semester</u>		<u>Spring Semester</u>	
ENGL 2201	3	CHEM 1020 <b>or</b> CHEM 1150 + 1151	4
HLTH 2220	3	KINE 3540	2
KINE 2850	1	Hum/Fine Arts - <i>GD, DD or WI option*</i>	3
KINE 2000	3	NUTR 1000 <b>or</b> 2105	3
PHYS 1250/1251	3/1	KINE 3800 + 3801	2/1
<b>Total:</b>	14	<b>Total:</b>	15

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

**JUNIOR YEAR**

<u>Fall Semester</u>		<u>Spring Semester</u>	
KINE 2202	3	KINE 3850	3
KINE approved elective	4	KINE 3805 + 3806	3/1
HLTH restricted elective	3	KINE Elective (3000 level or above)	3
KINE 3880+ 3881 <b>(D)</b>	2/1	Electives to complete degree	3
Social Science	3	Electives to complete degree	1
<b>Total:</b>	16	<b>Total:</b>	14

**SENIOR YEAR**

<u>Fall Semester</u>		<u>Spring Semester</u>	
KINE 4030 <b>(D)</b>	3	KINE 4800 - Internship <b>(D)</b>	12
KINE 4020 <b>(D)</b>	3		
KINE 4801 <b>(D)</b>	1		
KINE 4805 + 4806 (WI) <b>(D)</b>	1/3		
KINE 4850 <b>(D)</b>	3		
HLTH 4200	3		
<b>Total:</b>	17	<b>Total:</b>	12

**Total hours to graduate: 120**

Students must earn a grade of C- or higher in all required KINE courses.

**(D)** - KINE 4000 level courses are restricted to declared majors and minors only

\*A 3 ch *Global Diversity & Domestic Diversity* course is required and can be taken as other general education courses or electives. Additionally 12 credit hours of *Writing Intensive* courses must be completed which include ENGL 1100, ENGL 2201, a major writing intensive courses and an additional WI course of the student's choice. The student's choice WI can also be completed with general education courses or other electives.