

KINESIOLOGY B.S.



Exercise Science Emphasis (2018-2019 catalog)

| | | Hrs Completed | GPA: | |
|-----------------------------------|--|-------------------|------------------|--------------|
| UNIVERSITY REQUIREMENTS | Complete a minimum of 122 hours Complete 40 hours Upper Division (3000 level and higher) | | | |
| GENERAL EDUCATION: | | Attribute | Completed | Grade |
| American Institutions: | Pick one: HIST 1700, ECON 1740, or POLS 1100 | AI | | |
| Writing: | WRTG 2010 (minimum grade C-) | WR | | |
| Quantitative Reasoning: | MATH 1030 or higher (except statistics) Statistics of Logic (from approved list) | QA QB | | |
| Intellectual Explorations: | Fine Arts (2 needed) | FF/FF | | |
| | Humanities (2 needed) | HF/HF | | |
| | Physical/ Life Science | SF | | |
| | Physical/ Life Science OR Applied Science | SF or AS | | |
| | Social/ Behavioral Science | BF | waived | |
| Bachelor's Degree: | Upper Division Communication/Writing | CW | | |
| | Diversity | DV | KINES 4900 | |
| | Upper Division International | IR | | |
| | BS Quantitative Intensive | QI | KINES 4465 | |
| | BS Quantitative Intensive | QI | KINES 3091 | |
| | Foreign Language | | waived | |
| REQUIRED CORE COURSES: | ALL REQUIRED COURSE WORK MUST BE COMPLETED WITH A C- OR BETTER | | | |
| KINES 2500* | Exploration of Movement Science (Required to declare major) | 3 | | |
| BIOL 2325 | Human Anatomy (Recommended prereq BIOL 1210) | 4 | | |
| KINES 2600* | Sport and American Society | 3 | | |
| KINES 3091 (QI) | Exercise Physiology (Prereq BIOL 2325 & MATH 1050) | 3 | | |
| KINES 3092 | Kinesiology (Prereq BIOL 2325) | 3 | | |
| KINES 3350 | Exercise Psychology | 3 | | |
| KINES 3670 | PA Epidemiology (Prereq KINES 3091) | 3 | | |
| KINES 4465 (QI) | Exercise Programming (Prereq KINES 3091 & KINES 3092) | 3 | | |
| KINES 4670 | Aging and Exercise (Prereq KINES 3091; Coreq KINES 4465) | 3 | | |
| KINES 4900 (DV) | Promoting Physical Activity in the Community (Prereq KINES 4465, 4670, & 3350; Coreq KINES 3670) <i>Active First Aid/CPR/AED certifications required</i> | 5 | | |
| ESSF | Exercise & Sport Science Fitness (Any 4 hours) | 4 | | |
| MATH 1050* (QA) | College Algebra (see MATH Dept for prereq) | 4 | | |
| MATH 1040 or 1070 (QB) | Statistics (see MATH Dept for prereq) <small>other options: PSY 3000*, FCS 3210*, OIS 2340*, & SOC 3112*</small> | 3 | | |
| REQUIRED ELECTIVE HOURS: | Any combination of 33 hours from the list below | Credit Hrs | Completed | Grade |
| ATSM 3300 | Introduction to Sports Medicine | 3 | | |
| KINES 3093 (QI) | Biomechanics (Prereq BIOL 2325 & MATH 1050) | 3 | | |
| KINES 3200* | Introduction to Coaching | 3 | | |
| KINES 3340 | Sport Psychology | 3 | | |
| KINES 3550 | Motor Behavior | 3 | | |
| KINES 3551 | Application of Human Motor Development | 3 | | |
| KINES 4301 | Exercise Physiology Lab (Coreq KINES 3091) | 3 | | |
| KINES 4387* | Resistance Training (Coreq KINES 3091) | 3 | | |
| KINES 4464 | Exercise Instructor Training | 3 | | |
| KINES 4466 | Applied Exercise Programming (Coreq KINES 4465) | 3 | | |
| KINES 4610 | Teaching to Improve Behavior and Skill in PE and Sport | 3 | | |
| KINES 4650 | Special Physical Education (Prereq KINES 4610) | 3 | | |
| KINES 4690 | Training & Planning (Coreq KINES 3091) | 3 | | |
| KINES 4780 | Psychology of Sport Injury | 3 | | |
| KINES 4800 | Practicum (Prereq KINES 4464, 4465, 4466) | 4 | | |
| KINES 4999 | Honors Thesis/Project | 3 | | |
| BIOL 2020 | Principles of Cell Biology (Prereq BIOL 1210 & CHEM 1210) | 3 | | |
| BIOL 2030 | Genetics (Prereq BIOL 2020) | 3 | | |
| BIOL 2210 (SF) | Human Genetics (Prereq BIOL 1210) | 3 | | |
| BIOL 2420/25 (AS) | Human Physiology & Lab (Prereq BIOL 1210 & either CHEM 1110 or 1210) | 5 | | |
| BIOL 3210/05 | General and Pathogenic Microbiology & Lab (Prereq BIOL 2020 & either CHEM 1110 or 1210) | 4 | | |
| BIOL 3360 | Vertebrate Embryology | 3 | | |
| BIOL 3380 | Evolutionary and Physiological Basis of Health (Prereq BIOL 2020 or BIOL 2420) | 3 | | |
| BIOL 3510 | Biological Chemistry (Prereq CHEM 2310) | 3 | | |
| BIOL 5313 | Teaching Anatomy | 1 (Max) | | |

This worksheet is intended to be used as a guide only. Check current pre requisites and degree requirements at "catalog.utah.edu" *Courses with an asterisk are typically offered online

| | | Credit Hrs | Completed | Grade |
|---------------------|---|------------|-----------|-------|
| BIOL 5314 | Anatomy Colloquium | 1 | | |
| BIOL 5315 | Advanced Human Anatomy (Prereq BIOL 2325) | 3 | | |
| BIOL 5316 | Anatomy and Physiology Colloquium | 1 | | |
| CHEM 1110 | Elementary Chemistry (Prereq MATH 1010) | 4 | | |
| CHEM 1120 (SF) | Bio-Organic Chemistry (Prereq CHEM 1110 or 1210) | 4 | | |
| CHEM 1210/1215 (SF) | General Chemistry 1 & Lab (Prereq MATH 1050) | 5 | | |
| CHEM 1220/1225 (SF) | General Chemistry 2 & Lab (Prereq CHEM 1210) | 5 | | |
| CHEM 2310/2315 | Organic Chemistry 1 & Lab (Prereq CHEM 1220) | 6 | | |
| CHEM 2320/2325 | Organic Chemistry 2 & Lab (Prereq CHEM 2310) | 6 | | |
| CHEM 3510 | Biological Chemistry (Prereq CHEM 2310) | 3 | | |
| ED PS 3861 | Career Services Internship | 3 (Max) | | |
| ENTP 1010* | Entrepreneurship and Society | 3 | | |
| ENTP 1020* (AS) | Entrepreneurship and the Startup Methods | 3 | | |
| ENTP 2010 | Entrepreneurship Marketing | 3 | | |
| ENTP 2020 | Entrepreneurship Finance | 3 | | |
| H EDU 2010 | Intro to Health Professions | 3 | | |
| H EDU 3035* | Medical Spanish | 3 | | |
| H EDU 3030 | Medical Terminology | 3 | | |
| H EDU 3050* | Community Health Issues | 3 | | |
| H EDU 3150* (CW) | Health and Human Relations | 2 | | |
| H EDU 3160 | Stress Management | 3 | | |
| H EDU 3190 | Death and Dying | 3 | | |
| H EDU 3350* | Eating Disorder & Body Image | 3 | | |
| H EDU 3400 | Health Concerns of Women | 3 | | |
| H EDU 4310 | Health Promotion and Marketing | 3 | | |
| H EDU 5035 | Integrative Health | 3 | | |
| H EDU 5060 (IR) | Global Health Promotion | 3 | | |
| H EDU 5300 (DV, CW) | Diversity and Health | 3 | | |
| H EDU/GERON 5370* | Health and Optimal Aging | 3 | | |
| H EDU 5420* | Applied Health Promotion Technology | 3 | | |
| H EDU 5950 | Emergency Medical Technician (EMT) Training | 9 | | |
| NURS 2100* | Human Development: A Lifespan Approach to Health | 3 | | |
| NURS 2270 | Pathophysiology (Prereq BIOL 2325, 2420 & CHEM 1110; Coreq CHEM 1120) | 3 | | |
| NUTR 1020* (AS) | Scientific Foundations of Nutrition and Health | 3 | | |
| NUTR 3010 | Nutrition Intervention (Pre nursing or Nursing Students only) | 4 | | |
| NUTR 3550* | Healthy Weight for Life (Prereq NUTR 1020 & 4440) | 3 | | |
| NUTR 3620 (IR) | Cultural Aspects of Food | 3 | | |
| NUTR 4440* (AS) | Advanced Human Nutrition (Prereq NUTR 1020 & BIOL 1210) | 4 | | |
| NUIP 5100* | Pediatric Nutrition (Prereq NUTR 1020) | 3 | | |
| NUIP 5320* | Nutr. for Exercise and Sport (Rec. Prereq NUTR 1020 & KINES 3091) | 3 | | |
| NUIP 5340* (DV) | Nutrition and Women's Health (Rec. Prereq NUTR 1020 or 4440) | 3 | | |
| NUIP 5350* | Eating Disorders: Prevention and Treatment | 3 | | |
| NUIP 5360* | Weight Management (Rec. Prereq NUTR 1020 or NUTR 4440) | 3 | | |
| NUIP 5420* | Applied Nutr. Through the Lifecycle (Prereq NUTR 1020, 3010, or 4440) | 3 | | |
| NUIP 5650 | Eating for Justice and Health | 3 | | |
| OC TH 3000 | Intro to Occupational Therapy | 3 | | |
| PED 5900 | Clinical Research Methods and Practice I | 4 | | |
| PED 5901 | Clinical Research Methods and Practice II | 4 | | |
| PED 5902 | Clinical Research and Medicine | 6 | | |
| PATH 3100 | Intro to Medical Microbiology | 3 | | |
| PH TH 1010* | Foundations of Physical Therapy | 2 | | |
| PHYS 2010/2015 (SF) | General Physics 1 & Lab (Prereq MATH 1050 & 1060 Or MATH 1080) | 5 | | |
| PHYS 2020/2025 (SF) | General Physics 2 & Lab (Prereq PHYS 2010) | 5 | | |
| PRT 3050 | Wilderness Safety and Survival | 3 | | |
| PRT 3207* | Management in Parks, Recreation, and Tourism | 3 | | |
| PRT 3211* | PRT Experiences and Services Marketing | 3 | | |
| PRT 3310* (DV) | Leisure Behavior and Human Diversity | 3 | | |
| PRT 3510 | Trends and Issues in Community Recreation and Sport Management | 3 | | |
| PRT 3520 | Liability and Risk Management in PRT | 3 | | |
| PRT 3610* (IR) | The Global Citizen | 3 | | |
| PRT 3780 (QI) | Program and Service Evaluation in PRT | 3 | | |
| PRT 5490 | Business of Sport | 3 | | |
| PRT 5495 | The Business of Government and Nonprofits in PRT | 3 | | |

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Core Hours: 44

Elective Hours: 33

Total Major Hours: 77