

# B.S.HEALTH & KINESIOLOGY



## KINESIOLOGY EMPHASIS

### 2021-2022 catalog

UNIVERSITY REQUIREMENTS		Complete a minimum of 122 hours		GPA:	
		Complete 40 hours Upper Division (3000 level and higher)			
At least 30 hours @ the U & no more than 10 of last 30 hours transferred					
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 1050 or higher (except statistics)	QA			
	Statistics (Pick one: Math 1040, 1070, PSY 3000*, FCS 3210*, OIS 2340*, SOC 3112*)	QB			
Intellectual Explorations:	Fine Arts	FF			
	Fine Arts	FF			
	Humanities	HF			
	Humanities	HF			
	Physical/ Life Science	SF			
	Physical/ Life Science OR Applied Science	SF or AS			
	Social/ Behavioral Science	BF	<i>waived</i>		
Bachelor Degree Requirements:	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		<i>waived</i>		
<b>Core Hours: 47</b>	<b>REQUIRED CORE COURSES: MINIMUM GRADE C-</b>	<b>Credit Hrs</b>	<b>Completed</b>	<b>Grade</b>	
KINES 2500*	Foundations of Health and Kinesiology	3			
MATH 1050 (QA)	College Algebra (see MATH Dept for prereq)	4			
STATISTICS	Pick one: Math 1040, 1070, PSY 3000*, FCS 3210*, OIS 2340*, SOC 3112*	3			
KINES 3550 or 3551	Motor Behavior or Motor Development Across the Lifespan	3			
BIOL 2325	Human Anatomy (Recommended prereq BIOL 1610/1615)	4			
KINES 2600* (BF)	Sport and American Society	3			
KINES 3091 (QI)	Exercise Physiology (Prereq BIOL 2325 & MATH 1050; Rec. Prereq BIOL 2420)	3			
KINES 3092	Kinesiology (Prereq BIOL 2325)	3			
KINES 3093 (QI)	Biomechanics (Prereq BIOL 2325 & MATH 1050)	3			
KINES 3350	Exercise Psychology	3			
KINES 3670	PA Epidemiology (Prereq KINES 3091)	3			
KINES 4465 (QI)	Exercise Programming	3			
KINES 4670	Aging and Exercise (Prereq KINES 3091)	3			
KINES 4900 (DV) OR KINES 4810	Promoting Physical Activity in the Community (Prereq 4670 & 3350) OR Supervised Internship (Prereq KINES 4800) Both options require First Aid/CPR/AED certifications are required. 1/2 day course offered through PEAK Health & Fitness to obtain certifications. Call 801-585-7325 for registration information.	4			
ESSF	Exercise & Sport Science Fitness Courses (Any 2 hours)	2			
<b>COMPLETE 30 ELECTIVE HOURS FROM THE FOLLOWING LIST: (MINIMUM GRADE C-)</b>		<b>Credit Hrs</b>	<b>Completed</b>	<b>Grade</b>	
KINES 3200*	Introduction to Coaching	3			
KINES 3080/3081	Dental School Prep and Lab	4			
KINES 3340	Sport Psychology	3			
KINES 4301	Exercise Physiology Lab (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	Introduction to Teaching Special PE (Prereq KINES 4610)	3			
KINES 4690 ^	Training & Planning (Coreq KINES 3091 or H EDU 4650)	3			
KINES 4780	Psychology of Sport Injury	3			
KINES 4800 ^	Fitness and Wellness Specialist Practicum (Prereqs KINES 4464, 4465, & 4466)	4			
KINES 4920	Independent Study (Instructor Consent Required)	1 (Max)			
KINES 4921	Peer Tutoring Practicum (Instructor Consent Required)	1 (Max)			
KINES 4999	Honors Thesis/Project	3			
ATSM 3300/3310	Introduction to Sports Medicine & Lab	4			
BIOL 1610/1615	Fundamentals of Biology I & Lab	4			
BIOL 2020	Principles of Cell Biology (Prereq BIOL 1610/1615 & CHEM 1210)	3			

<b><i>Electives continued...</i></b>		<b>Credit Hrs</b>	<b>Completed</b>	<b>Grade</b>
<b>BIOL 2030</b>	Genetics (Prereq BIOL 2020)	3		
<b>BIOL 2210 (SF)</b>	Human Genetics (Prereq BIOL 1610/1615)	3		
<b>BIOL 2420 (AS)/2425</b>	Human Physiology (Prereq BIOL 1610/15 & CHEM 1210) & Lab	5		
<b>BIOL 3210</b>	General & Pathogenic Microbiology & Lab (Prereq BIOL 2020 & CHEM 1210)	4		
<b>BIOL 3360</b>	Vertebrate Embryology	3		
<b>BIOL 3510</b>	Biological Chemistry (Prereq CHEM 2310)	3		
<b>BIOL 5313</b>	Teaching Anatomy	1 (Max)		
<b>BIOL 5314</b>	Anatomy Colloquium	1 (Max)		
<b>BIOL 5315</b>	Advanced Human Anatomy	3		
<b>BIOL 5316</b>	Anatomy & Physiology Colloquium	1		
<b>CHEM 1120 (SF)</b>	Bio-Organic Chemistry (Prereq CHEM 1110)	4		
<b>CHEM 1130 (SF)</b>	Chemistry for Health Sciences (Prereq MATH 1030)	5		
<b>CHEM 1200</b>	Prep for General Chemistry (Coreq MATH 1050)	4		
<b>CHEM 1210/1215 (SF)</b>	General Chemistry 1 & Lab (Prereq MATH 1050)	5		
<b>CHEM 1220/1225 (SF)</b>	General Chemistry 2 & Lab (Prereq CHEM 1210)	5		
<b>CHEM 2310/2315</b>	Organic Chemistry 1 & Lab (Prereq CHEM 1220)	6		
<b>CHEM 2320/2325</b>	Organic Chemistry 2 & Lab (Prereq CHEM 2310)	6		
<b>CHEM 3510</b>	Biological Chemistry (Prereq CHEM 2310)	3		
<b>ED PS 3861</b>	Career Services Internship (Contact Career Coach to set this up. 801-581-6186)	3 (Max)		
<b>ENTP 1010 (BF)</b>	Entrepreneurship and Society	3		
<b>ENTP 1020 (AS)</b>	Entrepreneurship and the Startup Methods	3		
<b>ENTP 2010</b>	Entrepreneurship Marketing	3		
<b>ENTP 2020</b>	Entrepreneurship Finance	3		
<b>H EDU 1010</b>	Healthy Lifestyles	3		
<b>H EDU 2000</b>	First Aid & CPR	2		
<b>H EDU 3000</b>	Human Sexuality	3		
<b>H EDU 3030</b>	Medical Terminology	3		
<b>H EDU 3050</b>	Community Health Issues	3		
<b>H EDU 3150</b>	Health & Human Relations	3		
<b>H EDU 3160</b>	Stress Management	3		
<b>H EDU 3190</b>	Death & Dying	3		
<b>H EDU 3350</b>	Eating Disorders & Body Image	3		
<b>H EDU 4180</b>	Prevention Practices in Health Promotion	3		
<b>H EDU 4250</b>	Facilitating Healthy Behavior	3		
<b>H EDU 4310</b>	Health Promotion & Marketing	3		
<b>H EDU 4340</b>	Epidemiology for Health Education	3		
<b>H EDU 4350</b>	Personal Resiliency	3		
<b>H EDU 4650</b>	Anatomy & Physiology for Health	3		
<b>H EDU 4790</b>	Health Service Administration	3		
<b>H EDU 5300 (DV, CW)</b>	Diversity & Health	3		
<b>H EDU 5060 (IR)</b>	Global Health Promotion	3		
<b>H EDU 5370</b>	Health & Optimal Aging	3		
<b>H EDU 5400</b>	Theory & Habit Technology	3		
<b>NURS 2100 (BF)</b>	Human Development: A Lifespan Approach to Health	3		
<b>NURS 2270</b>	Pathophysiology (Prereq BIOL 2325, 2420 & CHEM 1110; Coreq CHEM 1120)	3		
<b>NUIP 1020*<sup>^</sup> (AS)</b>	<i>Scientific Foundations of Nutrition and Health</i>	3		
<b>NUIP 3620 (IR)</b>	Cultural Aspects of Food	3		
<b>NUIP 4440 (AS)</b>	Advanced Human Nutrition (Prereq NUIP 1020 & BIOL 1610/1615)	4		
<b>NUIP 5100*</b>	Pediatric Nutrition	3		
<b>NUIP 5300</b>	Maximizing Human Performance	3		
<b>NUIP 5360*</b>	Weight Management (Rec. Prereq NUIP 1020 or NUIP 4440)	3		
<b>NUIP 5420*</b>	Applied Nutrition Through the Lifecycle (Prereq NUIP 1020 or 4440)	3		
<b>OC TH 3000</b>	Intro to Occupational Therapy	3		
<b>PATH 3100</b>	Intro to Medical Microbiology	3		
<b>PED 5900</b>	Clinical Research Methods I (Prereq Junior or Senior Standing)	4		
<b>PED 5901</b>	Clinical Research Methods II	4		
<b>PED 5902</b>	Clinical Research & Medicine	6		
<b>PH TH 1010*</b>	Foundations of Physical Therapy	2		
<b>PHYS 1110</b>	Physics of the Human Body	3		
<b>PHYS 2010/2015 (SF)</b>	General Physics 1 & Lab (Prereq MATH 1050 & 1060 Or MATH 1080)	4		
<b>PHYS 2020/2025 (SF)</b>	General Physics 2 & Lab (Prereq PHYS 2010)	4		
<b>PHYS 3111</b>	Physics of the Human Body II	4		
<b>PRT 3050</b>	Wilderness Safety and Survival	3		
<b>PRT 3207*</b>	Management in Parks, Recreation, and Tourism	3		

<b>PRT 3211</b>	PRT Experiences and Services Marketing	3		
<b>PRT 3310* (DV)</b>	Leisure Behavior and Human Diversity	3		
<b>PRT 3510</b>	Trends and Issues in Community Recreation and Sport Management	3		
<b>PRT 3520</b>	Liability and Risk Management in PRT	3		
<b>PRT 3610* (IR)</b>	The Global Citizen	3		
<b>PRT 3780 (QI)</b>	Program and Service Evaluation in PRT	3		
<b>PRT 5490</b>	Business of Sport	3		
<b>PRT 5495</b>	The Business of Government and Nonprofits in PRT	3		
<b>PRT 5610* (CW,IR)</b>	International Tourism	3		
<b>PSY 2300/3400</b>	Abnormal Behavior	3		
<b>PSY 3250</b>	Abnormal Child Psychology	3		
<b>PSY 3330*</b>	Stress Management	3		
<b>PSY 3460*</b>	Health Psychology	3		
<b>SOC 3673</b>	Social Epidemiology	3		
<b>UGS 2929 (DV)</b>	Community Immersion (Call 801-581-4811 for more info)	3 (Max)		

*\*Courses are typically offered online    ^ Courses are suggested for fitness interest*

*This worksheet is intended to be used as a guide only. Check current prerequisites and degree requirements at "catalog.utah.edu"*