



Name:				NUID #			
General Education (http://www.unomaha.edu/academic-affairs/general-education/index.php#b)				Professional Core			
Fundamental Academic Skills				Foundation Core (10)			
ENGL 1150/54 English Composition I	3			KINS 2430 Foundations in PE**	3		f,s
ENGL 1160/64 English Composition II	3			KINS 1800 Fitness for Living	3		f,s
Advanced Writing Course		(IN MAJOR)		KINS 2210 Theory Pract Teach Group Ex ¹	2		f,s,m
MATH 1220 College Algebra	3			KINS 2220 Theory Pract Teach Weight Train ¹	2		f,s,m
CMST 1110 or 2120 Public Speaking	3			Applied Core (12)			
Distribution Requirements				PHHB 3030 First Aid	3		f,s,m
Natural & Physical Sciences (7 hrs, 2 disciplines + 1 lab)				KINS 3040 Prevention & Care of Athletic Injury ⁴	3		f,s
				HEKI 3090 Applied Nutrition	3		f,s,m
				PHHB 4550 Health Aspects of Aging	3		f,s,m
Humanities/Fine Arts (9 hrs, 2 disciplines)				Scientific Core (19)			
	3			BMCH 2400 Human Physiology & Anatomy I* ²	4		f,s
	3			BMCH 2500 Human Physiology & Anatomy II ²	4		s,m
	3			PHYS 1110 General Physics I* ¹⁸	4		f,s,m
	3			PHYS 1154 General Physics I Lab* ¹⁸	1		f,s,m
Social Sciences (9 hrs, 2 disciplines)				CHEM 1010 Chem in Environ & Society ¹⁹	3		f,s
	3			PSYC 1010 Introduction to Psychology**	3		f,s,m
	3			Exercise Science Core (18)			
	3			KINS 2800 Motor Learning ³	3		f,s,m
Cultural Diversity (6 Hrs)				KINS 3900 Motivation for Physical Activity ¹⁷	3		f,s
Global**	3			KINS 4930 Measure & Evaluation in PE ¹¹	3		f,s,m
US**	3			KINS 4150 Adapted PE ^{6**}	3		f,s,m
Professional Electives (15) See Page 2 for Categories				BMCH 4630 Biomechanics ⁷	3		f,s,m
				KINS 4940 Physiology of Exercise ¹²	3		f,s,m
				Physical Activity Core (4) Must take 1 course from each category			
				Category A			
				PEA 112I Tai Chi	1		f,s
				PEA 111T Yoga	1		f,s,m
				PEA 111S Relaxation Techniques	1		f,s
				PEA 112D Pilates	1		f,s
				Category B			
				PEA 112H Ballroom Dance	1		f,s
				PEA 112N Zumba	1		f,s
				PEA 111P Modern Dance	1		f,s
				PEA 112Q Hip-Hop	1		f,s
				PEA 111Q Ballet	1		f,s
				Category C			
				PEA 111V Begin/Intermed Swimming	1		f,s
				PEA 112L Walking/Jogging	1		f,s
				PEA 112P Indoor Cycling	1		f,s
				PEA 111Z Backpacking/Camping	1		f,s
				Category D			
				PEA of Choice	1		
				Practica (15)			
				KINS 4010 Laboratory Methods ⁵	6		f,s,m
				KINS 4800 Practicum I ⁹	3		f,s
				KINS 4910 Internship in Exercise Science ¹⁰	6		f,s,m
Course Prerequisites:							
KINS 2210: ¹ KINS 1800 & PYES Major or SED (PE Teaching)							
KINS 2220: ¹ KINS 1800 & PYES Major or SED (PE Teaching)							
BMCH 2500: ² BMCH 2400							
KINS 2800: ³ PE 2430							
KINS 3040: ⁴ BMCH 2400 or KINS 2880 or BIOL 2740 & HED 3030 or Current CPR/First Aid Certification							
KINS 4010: ⁵ BMCH 2500 or KINS 2880 or BIOL 2840, BMCH 4630, KINS 4940, Advisor Consent & Current CPR Certification							
KINS 4150: ⁶ KINS 2800 & Junior Standing or Instructor Consent & PYES & SED (PE Teaching)							
BMCH 4630: ⁷ BMCH 2400 or PE2880 or BIOL2740 & PHYS 1110/1154							
KINS 4800: ⁹ KINS 2210, KINS 2220, KINS 4010, Advisor Consent & Current CPR Certification							
KINS 4910: ¹⁰ 90 hours completed, 2.5 GPA, KINS 4800, Advisor Consent & Current CPR Certification							
KINS 4930: ¹¹ KINS 4940							
KINS 4940: ¹² BMCH 2400 or PE 2880 or BIOL 2740							
KINS 4070: ¹⁴ BMCH 2400 or PE 2880 or BIOL 2740, KINS 4940							
KINS 4850: ¹⁵ KINS 4940							
KINS 4080: ¹⁶ KINS 4010 or Instructor Consent							
KINS 3900: ¹⁷ PSYC 1010							
PSYC 4630/4640: ¹³ PSYC 1010							
PHYS 1110/1154: ¹⁸ MATH 1220							
CHEM 1010: ¹⁹ MATH 1220							
MGMT 3490: ²⁰ Advanced writing requirement completed (PE 4010)							
MGMT 3710: ²¹ Sophomore standing and 2.0 GPA or higher							

f = fall
s = spring
m = summer

<i>The following are suggestions of Elective Core Categories, other courses may qualify following advisor approval</i>				NOTES
Elective Core A (Applied Strength and Conditioning)				BIOL 2740 will satisfy BMCH 2400
KINS 4500 Behavioral Aspects of Coaching	3		f	BIOL 2840 will satisfy BMCH 2500
KINS 4070 Optimizing Sport Performance ¹⁴	3		f	PE 2400 + PE 2500 = PE 2880 (course no longer offered)
Plus three courses from Core B or C	3			If a higher PHYS course has been taken with a lab, then PHYS 1110 and 1154 are not required.
	3			
	3			If a higher CHEM course has been taken, then CHEM 1010 is not required.
Elective Core B (Business, Administration)				* May also count toward Natural Science General Education
KINS 4200 Planning Worksite Wellness	3		f,s	** May also count for a Humanities/Fine Arts, Social Science, or Diversity
KINS 4700 Intro to Fitness Management	3		f	
MGMT 3490 Mngmt ²⁰ or 3710 Entrepren Found. ²¹	3			The Advanced Writing requirement will be satisfied with BMCH 4630, KINS 4940 and KINS 4010.
PSYC 4630 Org Psyc or 4640 Pers Psyc	3		f,s,m	
Plus one course from Core A or C	3			MGMT 3490 requires a permission number from CBA. See advisor for more details.
Elective Core C (Clinical, Hospital)				
PHHB 2850 Stress Management	3		f,s,m	
KINS 4850 Cardio Disease Prevention & Rehab ¹⁵	3		s	
KINS 4070 Optimizing Sport Performance ¹⁴	3		f	
KINS 4080 Clinical Exercise Physiology ¹⁶	3		s	
Plus one course from Core A or B	3			
Elective Core D (Pre-Professional)				ACKNOWLEDGEMENT
<p>If you are planning on continuing your education in a pre-professional program such as <i>Physical Therapy, Occupational Therapy, Physican Assistant, Nursing, Chiropractic or another field</i>, you will need to look at the admission requirements for the school(s) of your choice. These programs will require specific prerequisites you need to have completed for acceptance. The prerequisite courses will go toward the professional electives in this core with advisor approval. This section requires a minimum of 15 credits, however, the program you are applying to may require additional credits.</p>				<p>Academic advising is important for appropriate progress through the program of study. Your advisor is responsible for, and not limited to, informing you about the program requirements, specific due date e.g., applying for graduation, and approving the courses you take each semester. Students are responsible for meeting with their advisor prior to registering for classes. Students not meeting with an advisor may take unnecessary courses, courses out of sequence, or miss due dates; all of which may delay progress or incur added expense. Students not meeting with an advisor are accountable for their own progress.</p>
				<p>The University of Nebraska at Omaha shall not discriminate based upon age, race, ethnicity, color, national origin, gender-identity, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, martial status, religion, or political affiliation.</p>

**UNIVERSITY OF NEBRASKA AT OMAHA
SCHOOL OF HEALTH AND KINESIOLOGY**

ACADEMIC CAREER PLAN OF STUDY

Name _____	Date _____
Student ID# _____	
Major _____	

Notes/Deadlines:

**** TENTATIVE plan of study and subject to change based on course offerings and availability.***

Fall _____	Credits _____	Spring _____	Credits _____	Summer _____	Credits _____

Fall _____	Credits _____	Spring _____	Credits _____	Summer _____	Credits _____

Fall _____	Credits _____	Spring _____	Credits _____	Summer _____	Credits _____

Fall _____	Credits _____	Spring _____	Credits _____	Summer _____	Credits _____

Fall _____	Credits _____	Spring _____	Credits _____	Summer _____	Credits _____