



# School of Health and Kinesiology

## Bachelor of Science, Kinesiology

<b>Name:</b>				<b>NUID #</b>			
<b>General Education</b>				<b>Professional Core</b>			
<b>Fundamental Academic Skills</b>	<b>Cr</b>	<b>Gr</b>	<b>Date</b>	<b>Foundation Core (12)</b>	<b>Cr</b>	<b>Gr</b>	<b>Date</b>
ENGL 1150/54 English Composition I	3			KINS 2430 Foundations of Kinesiology	3		f,s
ENGL 1160/64 English Composition II	3			KINS 1800 Fitness for Living	3		f,s
MATH 1300 College Algebra	4			KINS1500 Fundamentals of Group Ex	1		f,s,m
Data Literacy: STAT 1530 (or sub social sci.)	3			KINS1600 Fundamentals of Resist Train	1		f,s,m
CMST 1110 or 2120 Public Speaking	3			KINS 2210 Group Exercise Leadership	2		f,s,m
<b>Distribution Requirements</b>				KINS 2220 Theory Pract Resistance Train	2		f,s,m
<b>Natural &amp; Physical Sciences (4cr - includes lab)</b>				<b>Applied Core (27)</b>			
Completed in Major	4			BMCH 2400 Human Physiology & Anatomy I	4		f,s
				BMCH 2500 Human Physiology & Anatomy II	4		s,m
<b>Humanities (3cr)</b>				HEKI 2000 Medical Terminology	1		f,s,m
	3			HEKI 2100 Statistics in H&K	3		f,s,m
<b>Arts (3cr)</b>				KINS 3040 Prevention & Care of Athletic Injury	3		f,s
	3			HEKI 3090 Applied Nutrition	3		f,s,m
<b>Social Sciences (3cr)</b>				KINS 4100 Applied Kinesiology	3		f,s,m
	3			PSYC 1010 Introduction to Psychology	3		f,s,m
<b>Cultural Knowledge (3cr)</b>				PHHB 4550 Health Aspects of Aging	3		f,s,m
	3			<b>Exercise Science Core (21)</b>			
<b>Civic Knowledge (3cr)</b>				KINS 2800 Motor Learning	3		f,s,m
	3			KINS 3900 Motivation for Physical Activity	3		f,s
				KINS 4150 Adapted PE	3		f,s,m
				KINS 4050 Exercise and Sport Nutrition	3		s, m
<b>Course Preqquisites:</b>				KINS 4940 Physiology of Exercise	3		f,s,m
KINS 2210: KINS 1800, KINS 1500 & KINS Major or SED (PE Teaching)				KINS 4070 Optimizing Sport Performance	3		f
KINS 2220: KINS 1800, KINS 1600 & KINS Major or SED (PE Teaching)				KINS 4080 Clinical Exercise Physiology	3		s
BMCH 2500: BMCH 2400				<b>Practica (12)</b>			
KINS 2800: KINS 2430				KINS 4010 Laboratory Methods	6		f,s,m
KINS 3040: BMCH 2400 & PHHB 3030 or Current CPR/First Aid Certification				KINS 4800 Kinesiology Practicum	3		f,s
KINS 4010: BMCH 2500, KINS 4940, KINS 4100 or BMCH4630, Advisor Consent & Current CPR Certification				KINS 4910 Internship in Exercise Science	3		f,s,m
KINS 4150: KINS 2800 & Junior Standing or Instructor Consent & PYES & SED (PE Teaching)				<b>Free Electives (6)</b>			
KINS 4800: KINS 2210, KINS 2220, KINS 4940, KINS4100 or BMCH4630, Advisor Consent & Current CPR Certification							
KINS 4910: 90 hours completed, 2.5 GPA, KINS 4800, Advisor Consent & Current CPR Certification							
KINS 4940: BMCH 2400 & KINS2100							
KINS 4070: KINS 4940							
KINS 4850: BMCH 2500 & KINS 4940							
KINS 4080: KINS2210, BMCH2500 & KINS 4940							
KINS 3900: PSYC 1010							
KINS 4100 BMCH 2400 and Sophomore Standing				<b>Fitness Professional Track (18)</b>			
HEKI 2100 ACT Math sub score at least 23, Accuplacer score at least 4, Math SAT at least 540, or MATH1220				KINS 4200 Planning Worksite Wellness	3		f,s
KINS 4050 HEKI 3090				KINS 4700 Intro to Fitness Management	3		f
KINS 1500 Kinesiology, Pre-AT, Exploratory H&K or PE Teaching Major				KINS 4850 Cardio Disease Prevention & Rehab	3		s
KINS 1600 Kinesiology, Pre-AT, Exploratory H&K or PE Teaching Major				KINS 4500 Behavioral Aspects of Coaching	3		f
				PHHB Course - Choose one from list	3		
				PEAs - Choose three from list	3		
				<b>Approved Minor (18)</b>			
				If you are pursuing a minor in a related field, eighteen credit hours of that minor can be counted towards the Kinesiology degree with advisor approval.			

Approved PEAs for Fitness Professional Track (Choose 3)				Approved PHHB Courses for Fitness Professional Track (Choose 1)			
PEA 112S Cross Training	1			PHHB 1500 Foundations in Public Health	3		
PEA 112L Walking/Jogging	1			PHHB 2070 Drug Awareness	3		
PEA 112F Rock Climbing	1			PHHB 2310 Healthful Living	3		
PEA 112P Indoor Cycling	1			PHHB 2850 Stress Management	3		
PEA 112N Zumba	1			PHHB 3000 Special Topics	3		
PEA 111Z Backpacking/Camping	1			PHHB 3060 Promoting Positive Health	3		
PEA 112Q Hip-Hop	1			PHHB 3310 General Safety Education	3		
PEA 111T Yoga	1			PHHB 4700 Womens' Health and Issues of Diversity	3		
PEA 111Q Ballet	1						
PEA 112D Pilates	1						
PEA 111P Modern Dance	1						
PEA 111V Begin/Intermed Swimming	1						
PEA 112H Ballroom Dance	1						
PEA 112C Power Yoga	1						
PEA 112X Barre Fitness	1			<b>Approved Minor</b>			
PEA 111N Kickboxing	1			If you are pursuing a minor in a related field, eighteen credit hours of that minor can be counted towards the Kinesiology degree with advisor approval.			
PEA 112V Mindfulness Meditation OR	1						
PEA 111S Relaxation Techniques	1						
<b>ACKNOWLEDGEMENT</b>				<b>Allied Health Prerequisites</b>			
<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, marital status, religion, or political affiliation.</p>				<p>If you are planning on continuing your education in a pre-professional program such as Athletic Training, Physical Therapy, Occupational Therapy, Physician Assistant, Nursing, Chiropractic, Dietician or another field, you will need to look at the admission requirements for the school(s) of your choice. These programs will require specific prerequisites for acceptance. Eighteen credit hours of theses prerequisite courses will go toward the Kinesiology degree with advisor approval, however, the program you are applying to may require additional credits.</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.**

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