

# UNO School of Health and Kinesiology

## Tentative 4-Year Plan\*

## Kinesiology

FRESHMAN FALL		SOPHOMORE FALL		JUNIOR FALL		SENIOR FALL	
BMCH 2400** Human Physiology & Anatomy I	4	KINS 1500 Fund. Of Group Exercise	1	KINS 4010 Laboratory Methods	6	Grad	ATHT Graduate Courses
KINS 2430 Foundations in PE	3	KINS 2210 Group Exercise	2	KINS 4150 Adapted PE	3		
ENGL 1150 English Composition I	3	KINS 2800 Motor Learning	3	KINS 3900 Motivation for Physical Activity	3		
MATH 1220 Intermediate Algebra	3	KINS 4100 Applied Kinesiology	3	PHYS Physics for AT Pre-req	4		
KINS1010 Introduction to Athletic Training	1	CHEM Chemistry for AT Prereq	3	KINS 4070 Optimizing Sports Performance	3		
	CREDITS 14	Elective General Elective	3		CREDITS 19		
			CREDITS 15				
NOTES		NOTES		NOTES		NOTES	
Attend Durango Days; other campus events Advising appointment for spring: Sept. - Oct.		Advising appointment for spring: Sept. - Oct.		Advising appointment for spring: Sept. - Oct. Shadowing/Volunteer experiences		Advising appointment for spring: Sept. - Oct.	
SPRING		SPRING		SPRING		SPRING	
BMCH 2500** Human Physiology & Anatomy II	4	KINS 1600 Fund. Of Resistance Training	1	KINS 4800 Practicum	3	Grad	ATHT Graduate Courses
KINS 1800 Fitness for Living	3	KINS 2220 Theory & Practice Rest. Training	2	KINS 3040 Prevention & Care Athl. Injury	3		
ENGL 1160 English Composition II	3	CMST 1110 Public Speaking Fundamentals	3	KINS 4080 Clinical Exercise Physiology	3		
HEK 2100 Statistics in H&K	3	KINS 4050 Exercise & Sport Nutrition	3	PHYS Physics for AT Pre-req	4		
Gen. Ed. Humanities/Fine Arts	3	KINS 4940 Physiology of Exercise	3	HEKI 2000 Medical Terminology	1		
	CREDITS 16	BIOL Biology for AT Pre-req	3		CREDITS 14		
			CREDITS 15				
SUMMER		SUMMER		SUMMER		SUMMER	
Gen. Ed. Humanities/Fine Arts + Diversity	3	Gen. Ed. Humanities/Fine Arts	3	KINS 4910 Kinesiology Internship	6	Grad	ATHT Grad Courses
PSYC 1010 Introduction to Psychology	3	PHHB 4550 Health Aspects of Aging	3	Grad	ATHT Graduate Courses	4	Plus One Additional Year for Graduate Courses
HEKI 3090 Applied Nutrition	3	Gen. Ed. Social Science & Diversity	3		CREDITS 10		
	CREDITS 9		CREDITS 9		108		

<https://www.unomaha.edu/general-education/approved-courses/index.php>

\*Sample plan based on placement into courses and availability of courses

\*\*BIOL2740 and BIOL2840 can be taken in place of BMCH 2400 and 2500

If a student wishes to take less than the indicated credit hours, summer classes are offered.

