

# 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 4100 Applied Kinesiology	3	KINS 4800 Practicum	3
KINS 2430 Foundations in PE	3	KINS 2210 Group Exercise	2	KINS 4150 Adapted PE	3	KINS 4070 Optimizing Sports Performance	3
ENGL 1150 English Composition I	3	KINS 2800 Motor Learning	3	KINS 3900 Motivation for Physical Activity	3	PHHB 4550 Health Aspects of Aging	3
MATH 1220 Intermediate Algebra	3	PSYC 1010 Introduction to Psychology	3	Class 1/6 Professional Elective	3	Class 4/6 Professional Elective	3
Gen. Ed. Humanities/Fine Arts	3	Gen. Ed. Humanities/Fine Arts & Diversity	3	Class 2/6 Professional Elective	3	Class 5/6 Professional Elective	3
	CREDITS 16	HEKI 3090 Applied Nutrition	3		CREDITS 15		CREDITS 15
			CREDITS 15				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. KINS 4910 Application Due	
SPRING		SPRING		SPRING		SPRING	
BMCH 2500** Human Physiology & Anatomy II	4	KINS 1600 Fund. Of Resistance Training	1	KINS 4010 Laboratory Methods	6	KINS 4910 Internship in Exercise Science	6
KINS 1800 Fitness for Living	3	KINS 2220 Theory & Practice Rest. Training	2	KINS 3040 Prevention & Care Athl. Injury	3	Class 6/6 Professional Elective	3
ENGL 1160 English Composition II	3	CMST 1110 Public Speaking Fundamentals	3	KINS 4080 Clinical Exercise Physiology	3	KINS 4050 Exercise & Sport Nutrition	3
HEK 2100 Statistics in H&K	3	Gen. Ed. Social Science & Diversity	3	Class 3/6 Professional Elective	3		
Elective Elective for 120 credit total	3	KINS 4940 Physiology of Exercise	3	HEKI 2000 Medical Terminology	1		
	CREDITS 16	Gen. Ed. Humanities/Fine Arts	3		CREDITS 16		CREDITS 12
			CREDITS 15				CREDITS 12
NOTES		NOTES		NOTES		NOTES	
Advising appointment for fall: February - March Join a student organization		Advising appointment for fall: February - March		Advising appointment for fall: February - March Visit Academic & Career Development Center for resume/cover letter building and editing Start thinking about internship		Apply for graduation Career searching	

<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.

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