

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	PHYS 1110 General Physics I	4	BMCH 4630 Biomechanics	3	KINS 4800 Practicum	3
KINS 2430 Foundations in PE	3	PHYS 1154 General Physics Lab I	1	KINS 2210 Group Exercise	2	KINS 4930 Measure & Evaluation in PE	3
ENGL 1150 English Composition I	3	CHEM 1010 Chem. in Environment & Society	3	KINS 2220 Theory & Practice Rest. Training	1	KINS 4150 Adapted PE	3
MATH 1220 Intermediate Algebra	3	PSYC 1010 Introduction to Psychology	3	KINS 2800 Motor Behavior	3	Class 4/5 Professional Elective	3
PEA Physical Education Activity	1	Gen. Ed. Humanities/Fine Arts & Diversity	3	Class 2/5 Professional Elective	3	HEKI 3090 Applied Nutrition	3
<i>CREDITS</i>	14	PEA Physical Education Activity	1	PHHB 3030 First Aid	3		
		<i>CREDITS</i>	15	<i>CREDITS</i>	15	<i>CREDITS</i>	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 4940 Physiology of Exercise	3	KINS 4010 Laboratory Methods	6	KINS 4910 Internship in Exercise Science	6
KINS 1800 Fitness for Living	3	Gen. Ed. Humanities/Fine Arts	3	KINS 3040 Prevention & Care Athl. Injury	3	Class 5/5 Professional Elective	3
ENGL 1160 English Composition II	3	CMST 1110 Public Speaking Fundamentals	3	KINS 3900 Motivation for Physical Activity	3	PHHB 4550 Health Aspects of Aging	3
Gen. Ed. Humanities/Fine Arts	3	Gen. Ed. Social Science & Diversity	3	Class 3/5 Professional Elective	3	PEA Physical Education Activity	1
Elective Elective for 120 credit total	3	Class 1/5 Professional Elective	3	PEA Physical Education Activity	1		
<i>CREDITS</i>	16	PEA Physical Education Activity	1	<i>CREDITS</i>	16	<i>CREDITS</i>	13
		<i>CREDITS</i>	16	<i>CREDITS</i>	16	<i>CREDITS</i>	13
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.

