

# 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	PHHB 3030 First Aid	3	KINS 4930 Measure & Evaluation in PE	3
ENGL 1150 English Composition I	3	CHEM 1180 General Chemistry I	3	BIOL 1450 General Biology I	5	KINS 3900 Motivation for Physical Activity	3
MATH 1220 Intermediate Algebra	3	CHEM 1184 General Chemistry I Lab	1	PHYS1120 General Physics II	4	KINS 2800 Motor Learning	3
Gen. Ed Humanities/Fine Arts	3	Gen. Ed. Social Science & Diversity	3	PHYS 1164 General Physics II Lab	1	HEKI 3090 Applied Nutrition	3
PEA Physical Education Activity	1	Gen. Ed. Humanities/Fine Arts & Diversity	3	PEA Physical Education Activity	1		
		KINS 2210 Group Exercise Leadership	2				
	<i>CREDITS</i> 17		<i>CREDITS</i> 17		<i>CREDITS</i> 17		<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. PT Shadowing/Volunteer experiences		Advising appointment for spring: Sept. - Oct. PT 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	PSYC Abnormal or Life Span Psychology	3	KINS 3040 Prevention & Care Athl. Injury	3	KINS 4150 Adapted PE	3
ENGL 1160 English Composition II	3	CMST 1110 Public Speaking Fundamentals	3	Stats Statistics (multiple options)	3	PHHB 4550 Health Aspects of Aging	3
MATH 1320 Pre-Calculus Algebra	3	KINS 2220 Theory & Practice Rest. Training	2	BIOL 1750 General Biology II	5	Gen. Ed. Humanities/Fine Arts	3
PSYC 1010 Introduction to Psychology	3	CHEM 1190 General Chemistry II	3				
PEA Physical Education Activity	1	CHEM 1194 General Chemistry II Lab	1				
		PEA Physical Education Activity	1				
	<i>CREDITS</i> 17		<i>CREDITS</i> 16		<i>CREDITS</i> 17		<i>CREDITS</i> 15
NOTES		NOTES		NOTES		NOTES	
Advising appointment for fall: February - March Join a student organization		Advising appointment for fall: February - March PT Shadowing/Volunteer experiences		Advising appointment for fall: February - March Visit ACDC for resume/cover letter Prepare DPT application materials Start thinking about internship		Apply for graduation Career searching	

General Education: <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.

