

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	CHEM 1180 General Chemistry I	4	Gen. Ed. Social Science & Diversity	3
Gen. Ed. Humanities/Fine Arts	3	BIOL 1450 Biology I	5	CHEM 1184 General Chemistry I Lab	1	PHYS 1110 General Physics I	4
<i>CREDITS</i>	16	MATH 1320 Pre-Calculus Algebra	3	PSYC Abnormal or Lifespan Psyc	3	PHYS 1154 General Physics I Lab	1
		<i>CREDITS</i>	17	<i>CREDITS</i>	17	<i>CREDITS</i>	17
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	Gen. Ed. Humanities/Fine Arts & Diversity	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	BIOL1750 Biology II	5	CHEM 1190 General Chemistry II	3	PHYS 1120 General Physics II	4
HEKI 3090 Applied Nutrition	3	KINS 4940 Physiology of Exercise	3	CHEM 1194 General Chemistry II Lab	1	PHYS 1164 General Physics II Lab	1
<i>CREDITS</i>	16	Gen. Ed. Humanities/Fine Arts	3	HEKI 2000 Medical Terminology	1	<i>CREDITS</i>	17
		<i>CREDITS</i>	17	<i>CREDITS</i>	17	<i>CREDITS</i>	17
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.

