

# UNO School of Health and Kinesiology

## Tentative Plan of Study\*

## Kinesiology and Master's in Athletic Training

FRESHMAN FALL			SOPHOMORE FALL			JUNIOR FALL			SENIOR FALL		
KINS 2430	Foundations in PE	3	KINS 2220	Theory/Pract Teach Weight Train	2	KINS 4010	Lab Methods	6	Grad	ATHT Graduate Courses 7	
KINS 1800	Fitness for Living	3	PHYS 1110	General Physics I	4	PEA x2	Physical Education Activity	2	Undergrad	Remaining Undergrad Courses 3-6	
BMCH 2400	Human Physiology & Anatomy I	4	PHYS 1154	General Physics I Lab	1	HEKI 3090	Applied Nutrition	3			
ENGL 1150	English Composition I	3	PSYC 1010	Intro to Psychology	3	KINS 3040	Prevent/Care of Athletic Injuries	3			
MATH 1220	College Algebra	3	PHHB 3030	First Aid	3	KINS 1010	Intro to Athletic Training	1			
			PEA	Physical Education Activity	1						
	CREDITS	16		CREDITS	14		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		
ENGL 1160	English Composition II	3	KINS 2800	Motor Behavior	3	KINS 4800	Practicum	3	Grad	ATHT Graduate Courses 7	
KINS 2210	Theory/Pract Teach Group Ex	2	KINS 3900	Motivation for Phys Activity	3	KINS 4150	Adapted PE	3	Undergrad	Remaining Undergrad Courses 3-6	
CMST 1110	Public Speaking	3	BMCH 4630	Biomechanics	3	KINS 4930	Measure/Eval in PE	3			
BMCH 2400	Human Physiology & Anatomy II	4	KINS 4940	Physiology of Exercise	3	Gen. Ed.	Humanities/Fine Arts	3			
CHEM 1010	Chemistry in Environ/Society	3	BIOL	Biology Course - see advisor	3	PEA	Physical Education Activity	1			
	CREDITS	15		CREDITS	15		CREDITS	13			
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 6	
Gen. Ed.	Social Science	3	PHHB 4550	Health Aspects of Aging	3	Grad	ATHT Graduate Courses	4		Plus One Additional Year for Graduate Courses	
	CREDITS	6		CREDITS	6		CREDITS	10			

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

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

