**Name:**

**School of Health and Kinesiology**

**Bachelor of Science, Education**

**Kinesiology**

### General Education

- ENGL 1150/54 English Composition I  
- ENGL 1160/64 English Composition II  
- Advanced Writing Course (IN MAJOR)  
- MATH 1220 College Algebra  
- CMST 1110 or 2120 Public Speaking

### Professional Core

- KINS 2430 Foundations in PE**  
- KINS 1800 Fitness for Living  
- KINS 2210 Theory Pract Teach Group Ex1  
- KINS 2220 Theory Pract Teach Weight Train1

### Distribution Requirements

- Natural & Physical Sciences (7 hrs, 2 disciplines + 1 lab)
  - BMCH 2400 Human Physiology & Anatomy I*  
  - BMCH 2500 Human Physiology & Anatomy II*  
  - PHYS 1110 General Physics I*  
  - PHYS 1154 General Physics I Lab*  
  - CHEM 1010 Chem in Environ & Society  
  - PSYC 1010 Introduction to Psychology**

### Humanities/Fine Arts (9 hrs, 2 disciplines)

- BMCH 2400 or PE 2880 or BIOL 2740, KINS 4940
- BMCH 2400 or PE 2880 or BIOL 2740 & PHYS 1110/1154
- CHEM 1010 or 1020 or PSYC 1010

### Social Sciences (9 hrs, 2 disciplines)

- BMCH 2500 or KINS 2880 or BIOL 2740 & HED 3030 or KINS 4940

### Professional Electives (15)

- See Page 2 for Categories

### Course Prequisites:

- KINS 2210: 1 KINS 1800 & PYES Major or SED (PE Teaching)
- KINS 2220: 1 KINS 1800 & PYES Major or SED (PE Teaching)
- BMCH 2500: 2 BMCH 2400
- KINS 2800: 3 PE 2430
- KINS 3040: 4 BMCH 2400 or KINS 2880 or BIOL 2740 or KINS 4940, Advisor Consent & Current CPR Certification
- KINS 4010: 5 BMCH 2500 or KINS 2880 or BIOL 2840, BMCH 4630, KINS 4940, Advisor Consent & Current CPR Certification
- KINS 4150: 6 KINS 2800 & Junior Standing or Instructor Consent & PYES & SED (PE Teaching)
- BMCH 4630: 7 BMCH 2400 or PE 2880 or BIOL 2740 & PHYS 1110/1154
- KINS 4800: 9 KINS 2210, KINS 2220, KINS 4010, Advisor Consent & Current CPR Certification
- KINS 4910: 10 90 hours completed, 2.5 GPA, KINS 4800, Advisor Consent & Current CPR Certification
- KINS 4930: 11 KINS 4940
- KINS 4940: 12 BMCH 2400 or PE 2880 or BIOL 2740
- KINS 4970: 14 BMCH 2400 or PE 2880 or BIOL 2740, KINS 4940
- KINS 4850: 15 KINS 4940
- KINS 4080: 16 KINS 4010 or Instructor Consent
- KINS 3900: 17 PSYC 1010
- PSYC 4630/4640: 13 PSYC 1010
- PHYS 1110/1154: 16 MATH 1220
- CHEM 1010: 19 MATH 1220
- MGMT 3490: 20 Advanced writing requirement completed (PE 4010)
- MGMT 3710: 21 Sophomore standing and 2.0 GPA or higher

### Foundation Core (10)

- KINS 2340 Foundations in PE**  
- KINS 1800 Fitness for Living  
- KINS 2210 Theory Pract Teach Group Ex1  
- KINS 2220 Theory Pract Teach Weight Train1

### Applied Core (12)

- PHHB 3030 First Aid  
- KINS 3040 Prevention & Care of Athletic Injury6

### Scientific Core (19)

- BMCH 2400 Human Physiology & Anatomy I*  
- BMCH 2500 Human Physiology & Anatomy II*  
- PHYS 1110 General Physics I*  
- PHYS 1154 General Physics I Lab*  
- CHEM 1010 Chem in Environ & Society  
- PSYC 1010 Introduction to Psychology**

### Exercise Science Core (18)

- BMCH 2400 Human Physiology & Anatomy I*  
- BMCH 2500 Human Physiology & Anatomy II*  
- PHYS 1110 General Physics I*  
- PHYS 1154 General Physics I Lab*  
- CHEM 1010 Chem in Environ & Society  
- PSYC 1010 Introduction to Psychology**

### Physical Activity Core (4)

- BMCH 2400 Human Physiology & Anatomy I*  
- BMCH 2500 Human Physiology & Anatomy II*  
- PHYS 1110 General Physics I*  
- PHYS 1154 General Physics I Lab*  
- CHEM 1010 Chem in Environ & Society  
- PSYC 1010 Introduction to Psychology**

### Distributive Requirements

- Natural & Physical Sciences (7 hrs, 2 disciplines + 1 lab)
  - BMCH 2400 Human Physiology & Anatomy I*  
  - BMCH 2500 Human Physiology & Anatomy II*  
  - PHYS 1110 General Physics I*  
  - PHYS 1154 General Physics I Lab*  
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  - PSYC 1010 Introduction to Psychology**

### Profession Core

- KINS 2430 Foundations in PE**  
- KINS 1800 Fitness for Living  
- KINS 2210 Theory Pract Teach Group Ex1  
- KINS 2220 Theory Pract Teach Weight Train1

### Distribution Requirements

- Natural & Physical Sciences (7 hrs, 2 disciplines + 1 lab)
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  - BMCH 2500 Human Physiology & Anatomy II*  
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  - PHYS 1154 General Physics I Lab*  
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- PHYS 1154 General Physics I Lab*  
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- PSYC 1010 Introduction to Psychology**

### Exercise Science Core (18)

- BMCH 2400 Human Physiology & Anatomy I*  
- BMCH 2500 Human Physiology & Anatomy II*  
- PHYS 1110 General Physics I*  
- PHYS 1154 General Physics I Lab*  
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- PSYC 1010 Introduction to Psychology**

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- CHEM 1010 Chem in Environ & Society  
- PSYC 1010 Introduction to Psychology**

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- CHEM 1010: 19 MATH 1220
- MGMT 3490: 20 Advanced writing requirement completed (PE 4010)
- MGMT 3710: 21 Sophomore standing and 2.0 GPA or higher

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**Updated 3/29/18**
The following are suggestions of Elective Core Categories, other courses may qualify following advisor approval

<table>
<thead>
<tr>
<th>Elective Core A (Applied Strength and Conditioning)</th>
<th>Notes</th>
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<tbody>
<tr>
<td>KINS 4500 Behavioral Aspects of Coaching</td>
<td>3</td>
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<tr>
<td>KINS 4070 Optimizing Sport Performance</td>
<td>3</td>
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<td>Plus three courses from Core B or C</td>
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**Elective Core B (Business, Administration)**

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<thead>
<tr>
<th>Course</th>
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<tr>
<td>KINS 4200 Planning Worksite Wellness</td>
<td>3</td>
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<td>KINS 4700 Intro to Fitness Management</td>
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<tr>
<td>MGMT 3490 Mngmt 20 or 3710 Entrepren Found.</td>
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<td>PSYC 4630 Org Psyc or 4640 Pers Psyc</td>
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<tr>
<td>Plus one course from Core A or C</td>
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**Elective Core C (Clinical, Hospital)**

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<tr>
<th>Course</th>
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<tr>
<td>PHHB 2850 Stress Management</td>
<td>3</td>
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<tr>
<td>KINS 4850 Cardio Disease Prevention &amp; Rehab</td>
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<td>KINS 4070 Optimizing Sport Performance</td>
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<tr>
<td>KINS 4080 Clinical Exercise Physiology</td>
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<td>Plus one course from Core A or B</td>
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**Elective Core D (Pre-Professional)**

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<tr>
<th>Course</th>
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<tr>
<td>KINS 4500 Behavioral Aspects of Coaching</td>
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<tr>
<td>BIOL 2740 will satisfy BMCH 2400</td>
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<td>BIOL 2840 will satisfy BMCH 2500</td>
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<td>PE 2400 + PE 2500 = PE 2880 (course no longer offered)</td>
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<tr>
<td>KINS 4870 Optimizing Sport Performance</td>
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<tr>
<td>KINS 4070 Optimizing Sport Performance</td>
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<td>f</td>
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<tr>
<td>If a higher CHEM course has been taken, then CHEM 1010 is not required.</td>
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<tr>
<td>PSYC 4630 Org Psyc or 4640 Pers Psyc</td>
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<td>Plus one course from Core A or C</td>
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**ACKNOWLEDGEMENT**

If you are planning on continuing your education in a pre-professional program such as Physical Therapy, Occupational Therapy, Physician Assistant, Nursing, Chiropractic or another field, you will need to look at the admission requirements for the school(s) of your choice. These programs will require specific prerequisites you need to have completed for acceptance. The prerequisite courses will go toward the professional electives in this core with advisor approval. This section requires a minimum of 15 credits, however, the program you are applying to may require additional credits.

Academic advising is important for appropriate progress through the program of study. Your advisor is responsible for, and not limited to, informing you about the program requirements, specific due date e.g., applying for graduation, and approving the courses you take each semester. Students are responsible for registering for classes. Students not meeting with an advisor may take unnecessary courses, courses out of sequence, or miss due dates; all of which may delay progress or incur added expense. Students not meeting with an advisor are accountable for their own progress.

The University of Nebraska at Omaha shall not discriminate based upon age, race, ethnicity, color, national origin, gender-identity, sex, pregnancy, disability, sexual orientation, genetic information, veteran’s status, martial status, religion, or political affiliation.
# Academic Career Plan of Study

**UNIVERSITY OF NEBRASKA AT OMAHA**  
**SCHOOL OF HEALTH AND KINESIOLOGY**

**ACADEMIC CAREER PLAN OF STUDY**

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*TENTATIVE plan of study and subject to change based on course offerings and availability.*