

# Kinesiology Curriculum Checklist OSU-Cascades

## 2017-2018 catalog year

Student Name: \_\_\_\_\_

OSU ID: \_\_\_\_\_

### OSU Graduation Requirements:

**180**—total number of credits required to graduate from OSU

**60**—number of upper division credits required

**45 of last 75** credits must be OSU credits

**124** max transfer from Community College

### Advising Notes:

- It is the student's responsibility to make certain that all prerequisites are met or instructor permission is granted for courses that require one or both of these conditions.
- **It is the student's responsibility to double check that all requirements are met. The advisor can suggest courses and assist the student in constructing a plan of study, but the student, in the end, is responsible for assuring all requirements for graduation are met.**
- All information is relevant for catalog year indicated, all information is subject to change.

### Baccalaureate Core:

Students will work with their Academic Advisor and use the Bacc Core approved list for OSU-Cascades to choose courses for the Bacc Core requirements. To find information about Bacc Core or for the approved list, visit: <http://osucascades.edu/advising/baccalaureate-core>

**A student who has completed (or plans on completing) an AAOT has completed all Skills & Perspectives requirements in the Bacc Core. Students still need to complete synthesis courses.**

Bacc Core area	Course	Term	Grade
<b>Skills Requirements</b>			
Health/Fitness			
Mathematics	MTH 112 in major		
Writing I			
Writing II			
Speech			
<b>Perspective Requirements: no more than 2 from 1 department</b>			
Cultural Diversity			
Literature & the Arts			
Social Processes & Institutions			
Western Culture	KIN 312 in major		
Physical Science	CH in major		
Biological Science			
Additional Science (Physical or Biological)	CH in major		
Difference, Power & Discrimination			
<b>Synthesis Requirements: cannot be from the same department</b>			
Contemporary Global Issues			
Science, Technology & Society			

## KIN Major Requirements (Supporting Courses, Core, Beyond Core)

A grade of C- or better is required in all courses fulfilling Kinesiology Major Requirements (Required Supporting Courses, Kinesiology Core and Beyond the Core).

KIN students are allowed at most two attempts to meet individual course degree requirements. Students who do not receive the minimum grade required for a course after two attempts (including courses transferred from other institutions) will not be allowed to have grades earned in subsequent attempts count toward meeting Kinesiology degree requirements. As a result, such students may not be able to complete a degree in Kinesiology.

### Required Supporting Courses:

OSU Course	Title	Pre-requisites	Credits	Term	Grade
CH 121 or CH 231+CH 261*	General Chemistry General Chemistry + Lab	CH sequence must be taken in order	5		
CH 122 or CH 232+CH 262*	General Chemistry General Chemistry + Lab	CH sequence must be taken in order	5		
CH 123 or CH 233+CH 263*	General Chemistry General Chemistry + Lab	CH sequence must be taken in order	5		
MTH 112*	Elementary Functions	MTH 111	4		
H 100	Intro to Public Health		4		
NUTR 240	Science of Nutrition	CH 121 or 231	3		
BI 231/241	Introduction to Human Anatomy & Physiology (lecture & laboratory)		3/2		
BI 232/242	Introduction to Human Anatomy & Physiology (lecture & laboratory)	BI 231/241 (C- or better)	3/2		
BI 233/243	Introduction to Human Anatomy & Physiology (lecture & laboratory)	BI 232/242 (C- or better)	3/2		

### Kinesiology Core:

Complete each of the following:

OSU Course	Title	Pre-requisites	Credits	Term	Grade
KIN 131	Introduction to Kinesiology		1		
KIN 324	Exercise Physiology	BI 233 and CH 121, 122, 123 or CH 231/261+232/262+233/263	4		
KIN 370	Psychology of Sport and Phys Activ		3		
KIN 311	Motor Behavior	BI 232	4		
KIN 312*	Sociocultural Dimensions of Physical Activity	Social processes	3		
KIN 314	Introduction to Adapted Physical Activity	SO standing	3		
KIN 321	Biomechanics of Human Movement	BI 231 and MTH 112	4		
KIN 481	Analysis of Critical Issues in Kinesiology WIC	SR standing	3		

\*Baccalaureate Core Course (BCC)

**KIN Courses Beyond the Core (minimum 24 credits):**

KIN courses are chosen to meet individual students' educational goals in preparation for their chosen careers. Students must take a minimum of 24 total credits of 300- & 400-level KIN courses not included in the KIN Core, and among these credits:

- I. A minimum of 3 KIN Lab courses (KIN course with a lab component; credits per course may vary), and
- II. A minimum of 3 credits of Experiential Learning from the following courses: KIN 301, KIN 306, KIN 401, KIN 406, KIN 410, and KIN practicum courses; or credits earned in research, study abroad, or service-learning experiences. No more than 9 Experiential Learning credits will count toward the 24 total-credits required.

KIN Lab Beyond Courses			
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3-9 credits KIN Exp Learning	
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Beyond Course electives (total 24)			
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**KIN Lab Course Examples at OSU-Cascades**

- KIN 325: Fitness Assessment and Exercise Prescription (2 cr)  
HHP 262 at COCC is lower-division transfer option
- KIN 385: Therapeutic Exercise (4 cr)
- KIN 394: Resistance Training (2 cr)
- KIN 474: Exercise Physiology Lab Methods (2 cr)
- KIN 490: Scientific Inquiry in Kinesiology (4 cr)

**KIN Course Examples at OSU-Cascades**

- KIN 434: Applied Muscle Physiology (3 cr)
- KIN 437: Physical Activity, Aging, and Chronic Disease (4 cr)
- KIN 483: Tissue Injury & Repair (3 cr)

**Experiential Learning Examples**

- KIN 301: Research (1-16 cr)
- KIN 306: Projects (1-16 cr)
- KIN 405: Reading and Conference (1-16 cr)
- KIN 406: Projects (1-16 cr)
- KIN 334: Practicum (2 cr)
- KIN 410: Internship (1-15 cr)