



2024-2025 Bachelor of Science Kinesiology Curriculum Checklist

Graduation Requirements

X	Requirement
	180 credits (lower and upper division)
	60 of the 180 must be upper division (300-400 level class)
	Complete 45 out of last 75 credits in residence at OSU (OSU credits)
	Maintain a 2.0 average for your degree and major courses

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: <https://catalog.oregonstate.edu/earning-degrees/bcc/>

A student who has completed (or plans on completing) an AAOT has completed all Skills & Perspectives requirements in the Bacc Core. The Synthesis requirements must be taken at OSU.

Bacc Core area	Course	Fulfilled
Skills Requirements		
Lifetime Fitness	HHS 231	
Physical Activity Class	PAC XXX	
Mathematics	MTH 112z in major	
Writing I	WR 121Z	
Writing II	Visit OSU Bacc Core link above	
Speech	Visit OSU Bacc Core link above	
Perspective Requirements: no more than 2 from 1 department		
Cultural Diversity	Visit OSU Bacc Core link above	
Literature & the Arts	Visit OSU Bacc Core link above	
Social Processes & Institutions	KIN 312 in major	
Western Culture	Visit OSU Bacc Core link above	
Physical Science	CHEM in major	
Biological Science	Visit OSU Bacc Core link above	
Additional Science (Physical or Biological)	CHEM in major	
Difference, Power & Discrimination	Visit OSU Bacc Core link above	
Synthesis Requirements: cannot be from the same department		
Contemporary Global Issues	Visit OSU Bacc Core link above	
Science, Technology & Society	Visit OSU Bacc Core link above	

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

- A grade of C- or better is required in all courses fulfilling Kinesiology major requirements (Kinesiology Core, Required supporting courses, and KIN Courses Beyond the Core)
- Kinesiology 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 and/or an option in Kinesiology.

Required Supporting Courses: <i>All Courses are Required</i>					
Cascades Course	Title	Pre-requisites/Notes	CR	Term Offered	Fulfilled
BI 231/241	Human Anatomy & Physiology I		5	F	
BI 232/242	Human Anatomy & Physiology II	BI 231/241	5	W	
BI 233/243	Human Anatomy & Physiology III	BI 232/242	5	S	
CH 121 or CH 231/261	General Chemistry	MTH 111z or Higher, or ALEKs 60 score	5	F	
CH 122 or CH 232/262	General Chemistry	CH sequence must be taken in order	5	W	
CH 123 or CH 233/263	General Chemistry	CH sequence must be taken in order	5	S	
H 100	Intro. to Public Health		4	S	
MTH 112z	Elementary Functions	MTH 111z or ALEKs 60 score	4	W/S	
NUTR 240	Human Nutrition	CH 121 or CH 231	3	S	

Kinesiology Core: <i>All Courses are Required</i>					
Cascades Course	Title	Pre-requisites/Notes	CR	Term Offered	Fulfilled
KIN 131	Intro. to Kinesiology		1	F	
KIN 206	Projects	3 one-credit classes required	1	F/W/S	
KIN 311	Motor Behavior	BI 232	4	S	
KIN 312 ^{*SPI}	Sociocultural Dimen. of Physical Activity	Recommended: Social Processes Course; Sophomore Standing	4	F	
KIN 314	Intro. to Adapted Physical Activity	Recommended: Sophomore Standing	3	W	
KIN 321	Biomechanics of Human Movement	BI 231 and MTH 112z	4	W	
KIN 324	Exercise Physiology	BI 233 and CH 121-CH 123	4	F	
KIN 370	Psychology of Sport & Physical Activity		3	W	
KIN 481 ^{^WIC}	Analysis of Critical Issues in Kinesiology	Recommended: JR/SR Standing & Bacc Core: WR II complete	3	W	

*Baccalaureate Core Course (BCC); ^ Writing Intensive Course WIC

KIN Beyond the Core Courses (minimum 24 credits):

Students must take at least 24 total credits of 300- & 400-level KIN courses not included in the KIN Core. These 24 credits must include the following:

- At least 3 KIN Lab courses (KIN course with a lab component; credits per course may vary)
- At least 3 credits of Experiential Learning (KIN 301, KIN 306, KIN 401, KIN 406, KIN 410, 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 Beyond the Core Courses Offered at Cascades:

Choose 24 credits from below, including 3 lab courses and 3 experiential learning credits

KIN Beyond the Core Non-Lab Courses:				
Cascades Course	Title	Pre-requisites/Notes	CR	Taken
KIN 399	Special Topics	Repeatable up to 18 credits	(1-3)	
KIN 434	Applied Muscle Physiology	KIN 324	3	
KIN 437	Physical Act., Aging & Chronic Disease	KIN 324 & KIN 325	4	
KIN 483	Tissue Injury and Repair		3	
KIN 307	Seminar: Pre-Internship	Offered each term; required before internship	1	
KIN Beyond the Core Lab Courses: At least 3 lab courses				
KIN 325	Fitness Assess. & Exercise Prescription	KIN 324	3	
KIN 385	Therapeutic Exercise	KIN 321	4	
KIN 394	Resistance Training Program Design	KIN 324 & KIN 325 or instructor approval	3	
KIN 425	Anatomical Kinesiology	A&P sequence	4	
KIN 474	Exercise Physiology Lab Methods	KIN 324 & KIN 325	3	
KIN Experiential Learning Courses: At least 3 credits required / Max 9 credits				
KIN 401	Research and Scholarship	Department approval	(1-16)	
KIN 410	Internship	KIN 307 & Dept. approval	(1-15)	