

## 2020-2021 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://osucascades.edu/osu-cascades-baccalaureate-core-course-guide>

A student who has completed (or plans on completing) an AAOT has completed all Skills & Perspectives requirements in the Bacc Core. The Synthesis requirements are completed with OSU courses only.

Bacc Core area	Course	Term	Grade
<b>Skills Requirements</b>			
Lifetime Fitness	HHS 231		
Physical Activity Class	PAC XXX		
Mathematics	MTH 112 in major		
Writing I	WR 121		
Writing II	Visit OSU-Cascades Bacc Core link above		
Speech	Visit OSU-Cascades Bacc Core link above		
<b>Perspective Requirements: no more than 2 from 1 department</b>			
Cultural Diversity	Visit OSU-Cascades Bacc Core link above		
Literature & the Arts	Visit OSU-Cascades Bacc Core link above		
Social Processes & Institutions	Visit OSU-Cascades Bacc Core link above		
Western Culture	KIN 312 in major		
Physical Science	CHEM in major		
Biological Science	Visit OSU-Cascades Bacc Core link above		
Additional Science (Physical or Biological)	CHEM in major		
Difference, Power & Discrimination	Visit OSU-Cascades Bacc Core link above		
<b>Synthesis Requirements: cannot be from the same department</b>			
Contemporary Global Issues	Visit OSU-Cascades Bacc Core link above		
Science, Technology & Society	Visit OSU-Cascades 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	Grade
BI 231/241	Human Anatomy & Physiology I		5		
BI 232/242	Human Anatomy & Physiology II	BI 231/241	5		
BI 233/243	Human Anatomy & Physiology III	BI 232/242	5		
CH 121 or CH 231/261	General Chemistry	MTH 111 or Higher, or ALEKs 60 score	5		
CH 122 or CH 232/262	General Chemistry	CH sequence must be taken in order	5		
CH 123 or CH 233/263	General Chemistry	CH sequence must be taken in order	5		
H 100	Intro. to Public Health		4		
MTH 112	Elementary Functions	MTH 111 or ALEKs 60 score	4		
NUTR 240	Human Nutrition	CH 121 or CH 231	3		

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

### 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)
- 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.

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

Beyond the Core KIN Courses:

KIN Courses with Lab: <b>Choose a minimum of 3 Lab Courses From Below</b>					
Cascades Course	Title	Pre-requisites/Notes	CR	Term	Grade
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 490	Scientific Inquiry in Kinesiology	KIN 325 and MTH 112	4		

Beyond Core KIN Courses					
Cascades Course	Title	Pre-requisites/ Notes	CR	Term	Grade
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		1		

KIN Experiential Learning Examples : <b>A minimum of 3 Credits required / Max 9 credits</b>					
Cascades Course	Title	Pre-requisites/ Notes	CR	Term	Grade
KIN 301	Research and Scholarship	Department approval	(1-16)		
KIN 306	Projects	Department approval	(1-16)		
KIN 334	Practicum	KIN 333	2		
KIN 405	Reading and Conference	Department approval	(1-16)		
KIN 406	Projects	Department approval	(1-16)		
KIN 410	Internship	KIN 307 & Dept. approval	(1-15)		