

B.S. in Kinesiology (KIN)

OSU-Cascades

	Fall		Winter		Spring		Notes
First Year	WR 121z:BC WR I	4	Bacc Core: Western Culture	4	CH 123 or CH 233/263	5	
	CH 121 or CH 231/261	5	CH 122 or CH 232/262-BC: Phy Sci	5	BC: WR II	3	
	KIN 131: KIN CORE	1	MTH 112z: -BC: MATH	4	KIN 206: KIN CORE	1	
	KIN 206: KIN CORE	1	KIN 206: KIN CORE	1	BC: Diff. Power & Discrimination	3	
	BC: Speech	3	PAC XXX: Physical Activity Course	1	HHS 231	2	
Total Credits	14	Total Credits	15	Total Credits	14		
First Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> Do Cascades Edge Career Development tasks each term Check out resources for student wellness, time management and study skills Explore kinesiology career pathways Considering physical therapy as a career? Explore the OSU-Cascades DPT page 					
Second Year	BI 231/241: A&P I	5	BI 232/242: A&P II	5	BI 233/243: A&P III:	5	
	KIN 312: KIN CORE/BC: SPI	4	BC: Lit & Arts	3	NUTR 240	3	
	BC: Biological Science	4	BC: Cultural Diversity	3	H 100	4	
	General Elective	3	General Elective	4	General Elective	4	
	Total Credits	16	Total Credits	15	Total Credits	16	
Second Year : Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> Complete Cascades Edge Year 2 Career Development Seek out volunteer, research, internship, job shadowing or study abroad experiences in areas that interest you/align with your goals Research graduate programs Get to know your professors Meet with your advisor to plan when you will take grad school prerequisites if applicable 					
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This is a sample schedule intended for informational purposes only. Students should consult with their OSU academic advisor to create a personalized degree plan.

Third Year	KIN 324: KIN CORE	4	KIN 321: KIN CORE	4	KIN 311: KIN CORE	4	
	KIN 425: KIN BTC Lab	4	KIN 481: KIN CORE	3	KIN 474: KIN BTC Lab	3	
	Synthesis: Contemp. Global Issues	4	KIN 325: KIN BTC Lab	3	General Elective	4	
	General Elective	4	KIN 370: KIN CORE General Elective	3 1	General Elective	4	
Total Credits	16	Total Credits	14	Total Credits	15		
Third Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> • Continue Cascades Edge Career activities. • Continue researching grad program requirements, identify target grad programs • Start planning where, how and when you will meet the experiential learning requirement (internship or research) • Gain experience in your chosen field through internships and other opportunities • Network/build professional relationships 					
Fourth Year	KIN 437 (4) KIN BTC	4	KIN 307: KIN BTC (pre-internship)	1	KIN 399: KIN BTC	3	
	Upper Division Elective	4	KIN 434: KIN BTC	3	KIN 410: KIN BTC (internship)	3	
	General Elective	4	KIN 314: KIN CORE	3	General Elective	4	
	General Elective	4	Synthesis: Science, Tech & Society General Elective	4 4	General Elective	4	
Total Credits	16	Total Credits	15	Total Credits	14		
Fourth Year: Co-Curricular and Academic Opportunities		<ul style="list-style-type: none"> • Complete Year 4 Career Development • Contact professors you're close with for reference letters • Apply to grad school by deadlines (if applicable) • Begin job search, develop resume, continue connecting with Career Development Center • Plan for Commencement Ceremony and celebrations in June! 					

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