

# B.S. Kinesiology

## SAMPLE ACADEMIC PLAN

	Fall		Winter		Spring		Summer
<b>First Year</b>	KIN 131: Kinesiology Seminar MTH 111: College Algebra WR 121 English Comp Bacc Core: Literature and Arts Elective	1 4 3 3 3	MTH 112: Elementary Functions Bacc Core: Comm 111 or 218 Bacc Core: Cultural Diversity Bacc Core: Fitness PAC WR 222: English Comp	4 4 3 1 3	Bacc Core: Western Culture Bacc Core: Diff., Power, Discrim. Bacc Core: Social Processes & Inst. H 100: Public Health Bacc Core:HHS 231(LifetimeFitness)	3 3 3 4 2	
	Total Credits	14	Total Credits	15	Total Credits	15	
	<b>1<sup>st</sup> Year – to do's</b>	<ul style="list-style-type: none"> <li>o Participate in Welcome Week Activities each term to learn about all OSU resources</li> <li>o Check out resources for student wellness, time management and study skills as you transition to college life</li> <li>o Check out the Kinesiology Club, BioScience Journal Club, Pre-Health Sciences Club or other clubs</li> <li>o Meet with your Advisor each term</li> </ul>					
<b>Second Year</b>	BI 231/241: Anatomy & Physiology CH 121: General Chemistry KIN 312: Sociocultural Dem. In KIN Synthesis: Science, Tech, Society	5 5 3 3	BI 232/242: Anatomy & Physiology CH 122: General Chemistry KIN 314: Adaptive Phys. Activity KIN 370: Psychology of Sport	5 5 3 3	BI 233/243: Anatomy & Physiology CH 123: General Chemistry Synthesis: Contemp. Global Issues NUTR 240: Human Nutrition	5 5 4 3	
	Total Credits	16	Total Credits	16	Total Credits	17	
	<b>2<sup>nd</sup> Year – to do's</b>	<ul style="list-style-type: none"> <li>o Visit the Career Development Center (intro meetings)</li> <li>o Attend campus events (try at least 1 per term)</li> <li>o Research study abroad opportunities and integrate into academic plan if interested</li> <li>o Create long term grad plan (consider minors at this time)</li> <li>o Meet with your advisor each term to get a registration PIN</li> </ul>					

<b>Third Year</b>	KIN 324: Exercise Physiology	4	KIN 325: Fitness Assessment	3	KIN 311: Motor Behavior	4	
	KIN 307: Seminar: Pre-Internship	1	KIN 321: Biomechanics	4	KIN 394: Resistance Training	3	
	KIN 206: Projects/CATALYST	3	KIN 434: Applied Muscle Physio	3	NUTR 240: Human Nutrition	3	
	Elective	4	Elective	4	Elective	4	
PAC	1						
	Total Credits	13	Total Credits	14	Total Credits	14	
	<b>3<sup>rd</sup> Year – to do's</b>	<ul style="list-style-type: none"> <li>○ Continue to work with Career Development Center to plan for life after college</li> <li>○ Consider a leadership or involvement position on campus</li> <li>○ Research grad schools and prep application process</li> <li>○ Work with faculty on possible research projects; CATALYST</li> <li>○ Meet with your academic advisor each term to get a registration PIN</li> </ul>					
<b>Fourth Year</b>	KIN 425: Anatomical Kinesiology	4	KIN 385: Therapeutic Exercise	4	KIN 399: Special Topics	3	
	KIN 437: Phys. Act., Aging & Chronic Disease	4	KIN 481: Critical Issues in KIN	3	KIN 474: Advanced Exercise Physio	3	
	KIN 483: Tissue Injury & Repair	3	KIN 410: Internship	3	KIN 410: Internship	3	
	KIN 410: Internship	3	Elective	4	Elective	4	
					PAC	1	
	Total Credits	14	Total Credits	14	Total Credits	14	
	<b>4<sup>th</sup> Year – to do's</b>	<ul style="list-style-type: none"> <li>○ Begin post grad job search, develop resume, continue connecting with Career Development Center</li> <li>○ Connect with faculty and others for reference letters if needed</li> <li>○ Plan for multiple internship sites</li> <li>○ Plan for Commencement Ceremony and celebrations in June!</li> </ul>					

This is a sample schedule intended for informational purposes only. Students should consult with their OSU academic advisor to create a personalized degree plan based on interest and goals.

