

## PLANNING GUIDE: KINESIOLOGY CONCENTRATION – 4 YEAR PLAN

<b>Fall</b>	<b>Spring</b>
ICON 100 I-Connect (3) (GE)	BIOL 222 Anatomy & Physiology II (3)
ENGL 101 English Composition (3) (GE)	COM 121 Fundamentals of Public Communications (3) (GE)
MATH 122 Algebra (3) (GE)	PHES 215 Nutrition (3) (GE)
PHES 134 Introduction to Exercise Science (3)	PSYC 121 Introduction to Psychology (3) (GE)
BIOL 221 Anatomy & Physiology I (3)	SOHS 150 Topics & Terminology in Medicine (3)
<b>15 semester credit hours</b>	<b>15 semester credit hours</b>
<b>Fall</b>	<b>Spring</b>
MATH 302 Statistics (3)	PHES 410 Kinesiology (3)
PHES 360 Exercise Physiology (3)	PHES 225 Health Communication (3)
PSYC 232 Human Growth & Development (3)	Care for Creation Distribution (3) (GE)
Literature or Art Distribution (3) (GE)	Franciscan Tradition Distribution (3) GE
Directed Elective (3-4)	Directed Elective (3-4)
<b>15-16 credit hours</b>	<b>15-16 credit hours</b>
<b>Fall</b>	<b>Spring</b>
History or Theology Distribution (3) (GE)	History or Theology Distribution (3) (GE)
Literature or Art Distribution (3) (GE)	PHES 465 Exercise Prescription (3)
Rhetoric and Research Distribution (3)	Stress Management (3) (GE)
Directed Elective (3)	Directed Elective (3-4)
Directed Elective (3)	Elective (2-3)
<b>15 credit hours</b>	<b>14 -16 credit hours</b>
<b>Fall</b>	<b>Spring</b>
PHIL 323 Philosophy (3)	PHES 470 Health Promotion (3)
PHES 480 Internship (3)	Directed Elective (3)
Directed Elective (2-3)	Directed Elective (3)
Directed Elective (3)	Elective (2-4)
Elective (3)	Elective (3)
<b>14-15 credit hours</b>	<b>14-16 credit hours (120 credit hours total)</b>

(GE) = General Education courses

Please note: This schedule is subject to change based on course offerings and curriculum developments that may occur throughout the academic year.