

# Kinesiology: Pre-Health, B.A.

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This is a sample plan of study with a suggested sequencing of classes for the major. University electives may be applied to earn additional academic majors, minors, or certificates. Students should regularly meet with their academic advisor to plan their specific semester schedule to include UNIFI/General Education program and/or university elective hours required.

Course	Title	Hour
<b>Freshman</b>		
<b>Fall</b>		
UNIFI/General Education or University Electives		15
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
UNIFI/General Education or University Electives		15
<b>Hours</b>		<b>15</b>
<b>Sophomore</b>		
<b>Fall</b>		
KINES 2053	Physical Activity and Nutrition	3
UNIFI/General Education or University Electives		13
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
KINES 2050	Anatomy and Physiology of Human Movement	3
UNIFI/General Education or University Electives		12
<b>Hours</b>		<b>15</b>
<b>Junior</b>		
<b>Fall</b>		
AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2056	Motor Learning and Development	3
Pre-Health Elective		3
UNIFI/General Education or University Electives		8
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
KINES 3153	Exercise Physiology	3
KINES 3163	Career and Professional Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3154	Psychological Skills for Sport Participants	3
UNIFI/General Education or University Electives		4
<b>Hours</b>		<b>16</b>
<b>Senior</b>		
<b>Fall</b>		
KINES 3156	Fitness Assessment and Exercise Prescription	3
KINES 3151	Biomechanics	3
KINES 3157	Sports Nutrition	3
UNIFI/General Education or University Electives		6
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3197		3

Pre-Health Elective	3
UNIFI/General Education or University Electives	3
<b>Hours</b>	<b>12</b>
<b>Total Hours</b>	<b>120</b>