



Core Foundation Courses - 11 credits

- ___ KIN 301 (3) Survey of Physical Education and Health (see Comment No.3)
- ___ KIN 422 (3) Administration of Physical Activity Programs (WP)
- ___ BIOL 348 (5) Human Anatomy and Physiology (see Comment No.3)
- ___ Current First Aid/CPR certification

Professional Activities - 4 credits

Required:

- ___ PE 101 (1) Beginning Conditioning **OR**
- ___ PE 102 (1) Beginning Group Fitness
- ___ PE 113 (1) Intermediate Swimming

Select PE 110 (2) or KIN 316 (2) or Select two credits from below:

- ___ PE 103 (1) Beginning Jogging
- ___ PE 104 (1) Beginning Hatha Yoga
- ___ PE 108 (1) Beginning Weight Training
- ___ PE 120 (1) Beginning Social Dance
- ___ PE 122 (1) Beginning Folk and Country Dance
- ___ PE 123 (1) Beginning Scottish Country Dance
- ___ PE 132 (1) Beginning Badminton
- ___ PE 134 (1) Beginning Pickleball
- ___ PE 136 (1) Beginning Tennis
- ___ PE 139 (1) Beginning Racquetball
- ___ PE 142w (1) Beginning Women's Basketball
- ___ PE 144 (1) Beginning Soccer
- ___ PE 145 (1) Beginning Volleyball
- ___ PE 148 (1) Beginning Lacrosse
- ___ PE 149 (1) Beginning Ultimate Frisbee
- ___ PE 154 (1) Beginning Golf
- ___ PE 157 (1) Beginning Skiing
- ___ PE 165 (1) Beginning Handball
- ___ PE 167 (1) Beginning Mountain Bicycling
- ___ PE 168 (1) Beginning Martial Arts
- ___ PE 169 (1) Beginning Self-Defense
- ___ PE 170 (1) Sailing
- ___ PE 175 (1) Windsurfing
- ___ PE 177 (1) Kayak Touring

Exercise Science Foundations - 27 credits

- ___ KIN 306 (3) Measurement and Evaluation
- ___ KIN 308 (3) Human Growth and Motor Development **OR**
- ___ KIN 309 (3) Physical Dimensions of Aging
- ___ KIN 311 (5) Biomechanics
- ___ KIN 312 (5) Functional Anatomy
- ___ KIN 410 (3) Motor Control and Learning
- ___ KIN 413 (5) Physiology of Exercise
- ___ KIN 416 (3) Strength and Conditioning Program Design

Behavioral and Cultural Foundations - 3 credits

Select 3 credits from the following:

- ___ KIN 320 (3) Psychology of Sport
- ___ KIN 321 (3) Sociology of Sport
- ___ KIN 323 (3) Olympism and the Modern Olympic Games

Field Experience, Internship, Research or Instructional Assistant

Field Experience - 6 credits

- ___ KIN 491 (3) Field Experience

OR

Field Experience - 3 credits AND Exercise and Sport Science Research - 3 credits

- ___ KIN 491 (3) Field Experience **AND**
- ___ KIN 493 (3) Exercise and Sport Science Research (not repeatable)

OR

Field Experience - 3 credits AND Instructional Assistant - 3 credits

- ___ KIN 491 (3) Field Experience **AND**
- ___ KIN 494 (3) Instructional Assistant (Repeatable for up to 6 credits, a maximum of 3 credits can count towards major requirements)

OR

Internship I AND Internship II (available summers only)

- ___ KIN 471 (3) Internship I
- ___ KIN 472 (12) Internship II

ADVISING COMMENTS

Comment No. 1 (ADVISING): See Advisor for selection of courses. Students are assigned to an advisor when they declare their major, based on their specialization. Students may, in extenuating circumstances, request to be advised by another PE program faculty member. To request a new advisor, contact the faculty member you would like to be advised by and ask that person to serve as your advisor.

Comment No. 2 (REGISTRATION):

To determine if you can register for a PE, KIN or HLED course in Phase I or Phase II, obtain a "Major Restriction Details" document from the Kinesiology and Physical Education Program website

Comment No. 3 (BIOLOGY 348):

Biology 348 (Human Anatomy and Physiology) is a pre-requisite or concurrent for KIN 301.

- ◆ If KIN 301 and BIOL 348 are taken during the same quarter, students must first register for BIOL 348 before they can register for KIN 301. Demand for KIN 301 may exceed capacity of 120 students per year.
- ◆ Transfer equivalency must be verified with the KIN Program transfer credit evaluator, Dr. Chalmers (Gordon.Chalmers@wwu.edu), if WWU Admissions transfer evaluation and articulation does not credit your course record with equivalency for WWU BIOL 348.
- ◆ If your course is not transferable, you must take BIOL 348 which has a pre-requisite of BIOL 101 or 205.
- ◆ It is recommended that Pre-PT and Pre-Healthcare Profession students take BIOL 205 (not BIOL 101) as the pre-requisite for BIOL 348. For KIN 301, 302, 304, 312, 410 and 413, students need to request an override in order to register if they have taken the WWU BIOL 348 equivalency elsewhere and the transfer equivalency has not yet been articulated.

Comment No. 4 (MATH REQUIREMENTS):

KIN 311

Requires completion of the Math GURs

ELECTIVES:

MATH 240 requires MATH 112 or appropriate Math Placement scores

Chemistry 121 requires MATH 114 or Equivalent Intermediate Math Placement Test scores

Physics 114 requires MATH 115

Math Department: Contact Information: (360) 650-3785

<http://www.wwu.edu/depts/math/>

Math Placement Test Website:

<http://www.wwu.edu/depts/assess/tc/mathplace.html>

SPECIALIZATION—Complete one area of specialization from the following:

MOVEMENT STUDIES 35 credits (QA23)

ADVISORS:

Gordon Chalmers 360-650-3113 Gordon.Chalmers@wwu.edu
Kathy Knutzen 360-650-3055 Kathy.Knutzen@wwu.edu
Brandi Row 360-650-4277 Brandi.Row@wwu.edu
Dave Suprak 360-650-2586 Dave.Suprak@wwu.edu

Select at least 20 credits from:

- _____ BIOL 349 (5) Human Physiology
- _____ HLED 345 (4) Health Promotion/Disease Prevention
- _____ HLED 350 (3) Nutrition
- _____ HLED 435 (5) Worksite Health Promotion
- _____ KIN 304 (3) Prevention and Care of Athletic Injuries
- _____ MATH 240 (4) Introduction to Statistics **OR**
 - _____ KIN 307 (4) Statistics in Exercise & Sport Science
- _____ KIN 308 (3) Human Growth & Motor Development **OR**
 - _____ KIN 309 (3) Physical Dimensions of Aging
- _____ KIN 315 (2) Fitness Instructor and Leadership
- _____ KIN 320 (3) Psychology of Sport **OR**
 - _____ KIN 321 (3) Sociology of Sport
- _____ KIN 409 (3) Functional Assessment of Older Adults
- _____ KIN 414 (5) Physical Activity and Nutrition
- _____ KIN 415 (5) Physical Fitness Assessment and Exercise

A maximum of 15 credits may be selected from:

- _____ CHEM 121 (5); CHEM 122 (5); CHEM 123 (4); CHEM 251 (5); CHEM 375 (4)
- _____ PHYS 114 (5); PHYS 115 (5); PHYS 116 (5)
- _____ CSCI 101 (4); CSCI 140 (4)
- _____ COMM 244 (4) Advocacy Through Media; COMM 318 (5) Professional Communication; COMM 325 (5) Introduction to Intercultural Communication; COMM 327 (5) Interpersonal Communication; COMM 416 (3-5) Topics in Communication
- _____ ENG 302 (5)
- _____ PSY 220 (5); PSY 230 (5); PSY 250 (5)

HEALTH & FITNESS SPECIALIST 35 credits (QA25)

ADVISOR:

Lorrie Brilla 360-650-3056 Lorrie.Brilla@wwu.edu

The Health and Fitness Specialist option requires that all courses under the specialty area be taken to fulfill the requirements of the American College of Sports Medicine (ACSM) University Connection Program.

Required Courses (14 credits for option, 21 elective credits)

- _____ KIN 304 (3) Prevention/Care of Athletic Injuries
- _____ KIN 309 (3) Physical Dimensions of Aging
- _____ KIN 414 (3) Physical Activity and Nutrition
- _____ KIN 415 (5) Phys Fit Assess & Exercise Prescription
- _____ KIN 308* (3) Human Growth/Motor Development
- _____ KIN 316* (2) Group Fitness Instructor Training
- _____ KIN 320* (3) Psychology of Sport

*Must be taken in the core courses

Elective Courses:

Select 21 credits from the Movement Studies option (see advisor for selection of courses).

PRE-PHYSICAL THERAPY 45 credits with internship (QA24)
53 credits with field experience

ADVISORS:

Gordon Chalmers 360-650-3113 Gordon.Chalmers@wwu.edu
Kathy Knutzen 360-650-3055 Kathy.Knutzen@wwu.edu
Brandi Row 360-650-4277 Brandi.Row@wwu.edu
Dave Suprak 360-650-2586 Dave.Suprak@wwu.edu

- _____ BIOL 204 (4) Evolution, Ecology & Biodiversity
- _____ BIOL 205 (5) Cellular and Molecular Biology
(see Comment No. 3, front page)
- _____ BIOL 206 (5) Organismal Biology
- _____ BIOL 245 (5) Microbiology for Health Sciences (includes lab)
- _____ BIOL 349 (5) Human Physiology
- _____ CHEM 121 (5) General Chemistry I
- _____ CHEM 122 (5) General Chemistry II
- _____ CHEM 123 (4) General Chemistry III
- _____ CHEM 251 (5) Elementary Organic Chemistry
- _____ CSCI 101 (4) Computers & Applications
- _____ CSCI 140 (4) Programming Fundamentals
- _____ ENG 302 (5) Technical Writing
- _____ HLED 345 (4) Health Promotion/Disease Prevention
- _____ HLED 435 (5) Worksite Health Promotion
- _____ MATH 240 (4) Introduction to Statistics **OR**
 - _____ KIN 307 (4) Statistics in Exercise & Sport Science
- _____ KIN 409 (3) Functional Assessment of Older Adults
- _____ KIN 414 (3) Physical Activity and Nutrition **OR**
 - _____ HLED 350 (3) Nutrition
- _____ PHYS 114 (5) Principles of Physics I
- _____ PHYS 115 (5) Principles of Physics II
- _____ PHYS 116 (5) Principles of Physics III
- _____ PSY 101 (5) Introduction to Psychology
- _____ PSY 230 (5) Developmental Psychology
- _____ PSY 250 (5) Intro to Personality & Abnormal Psych

SPORT PSYCHOLOGY 34 -36 credits (QA26)

ADVISOR:

Ralph Vernacchia 360-650-3514 Ralph.Vernacchia@wwu.edu

Required Courses

- _____ KIN 320 (3) Psychology of Sport
- _____ KIN 321 (3) Sociology of Sport
- _____ KIN 410 (3) Motor Control and Learning
- _____ KIN 420 (3) Seminar in Sport Psychology
- _____ PSY 101 (5) Introduction to Psychology
- _____ PSY 210 (5) Cognition
- _____ PSY 230 (5) Developmental Psychology
- _____ PSY 240 (5) Social Psychology
- _____ PSY 250 (5) Intro to Personality & Abnormal Psychology

Elective Courses: Select one course under advisement

- _____ PSY 118 (5) The Psychology of Happiness and Wellness
- _____ PSY 119 (4) Psychology of Gender
- _____ PSY 220 (5) Introduction to Behavioral Neuroscience
- _____ PSY 332 (5) Adolescent Development
- _____ PSY 370 (3) Psychology and the Arts

PRE-HEALTH CARE PROFESSIONS (OT, PA, Nursing, Chiropractic) 45 credits with internship, 53 credits with field experience (QA27)

ADVISORS*:

Gordon Chalmers 360-650-3113 Gordon.Chalmers@wwu.edu
Kathy Knutzen 360-650-3055 Kathy.Knutzen@wwu.edu
Brandi Row 360-650-4277 Brandi.Row@wwu.edu
Dave Suprak 360-650-2586 Dave.Suprak@wwu.edu

- _____ ANTH 201 (5) Introduction to Cultural Anthropology
- _____ ANTH 215 (5) Introduction to Biological Anthropology w/Lab
- _____ BIOL 204 (4) Evolution, Ecology & Biodiversity
- _____ BIOL 205 (5) Cellular and Molecular Biology
(see Comment 3, front page)
- _____ BIOL 206 (5) Organismal Biology
- _____ BIOL 245 (5) Microbiology for Health Sciences (includes lab)
- _____ BIOL 349 (5) Human Physiology
- _____ CHEM 121 (5) General Chemistry I
- _____ CHEM 122 (5) General Chemistry II
- _____ CHEM 123 (4) General Chemistry III
- _____ CHEM 251 (5) Elementary Organic Chemistry
- _____ CHEM 351 (4) Organic Chemistry
- _____ CHEM 352 (4) Organic Chemistry
- _____ CHEM 353 (3) Organic Chemistry
- _____ CHEM 354 (2) Organic Chemistry w/Lab I
- _____ CHEM 355 (2) Organic Chemistry w/Lab II
- _____ CHEM 375 (4) Elements of Biochemistry
- _____ CSCI 101 (4) Computers & Applications
- _____ ENG 302 (5) Introduction to Technical & Professional Writing
- _____ HLED 345 (4) Health Promotion/Disease Prevention
- _____ HLED 435 (5) Worksite Health Promotion
- _____ MATH 240 (4) Introduction to Statistics **OR**
 - _____ KIN 307 (4) Statistics in Exercise & Sport Science
- _____ KIN 309 (3) Physical Dimensions of Aging
- _____ KIN 409 (3) Functional Assessment of Older Adults
- _____ KIN 414 (3) Physical Activity and Nutrition **OR**
 - _____ HLED 350 (3) Nutrition
- _____ PHYS 101 (4) Physics Analysis
- _____ PHYS 114 (5) Principles of Physics I
- _____ PHYS 115 (5) Principles of Physics II
- _____ PHYS 116 (5) Principles of Physics III
- _____ PSY 101 (5) Introduction to Psychology
- _____ PSY 230 (5) Developmental Psychology
- _____ PSY 250 (5) Intro to Personality & Abnormal Psych