University of North Dakota
Department of Kinesiology and Public Health Education
Option B-Related Areas

Essential Studies Requirements (39 Credits)

Communication 9 Credits
- Engl 110 (3) College Composition 1
- Engl 130 (3) College Composition 2
- Comm 110 (3) Public Speaking (O)

Social Sciences 9 Credits (min of 2 departments)
- Psyc 111 (3) Introduction to Psychology (F, Sp)
- Soc 110 (3) Introduction to Sociology (F, Sp)
- ES Approved Social Science (3)

Fine Arts and Humanities 9 Credits (min of 2 depts and min of 3 credits in Fine Arts and 3 credits in Humanities)
- ES Approved Fine Arts (3)
- ES Approved Humanities (3)
- ES Approved Fine Arts or Humanities (3)

Mathematics, Science and Technology 9 Credits (min 2 depts and include a 4-hour science course w/a lab)
- Chem 115+lab (4) Introductory Chemistry and Lab (F, Sp)
- Nutr 240 (3) Fundamentals of Nutrition (F, Sp, O)
- ES Approved Math, Sci and Tech (3)

Special Emphasis-12 Credits completed within ES Requirements
- Advanced Communication - any course designated as A (3)
- Quantitative Reasoning - any course designated as Q (3)
- Global Diversity - any course designated as G (3)
- United States Diversity - any course designated as U (3)
- 4 credit lab science course
- Oral Communication

Capstone- 3 Credits
- ES Approved Capstone (3)

Major Courses

Prerequisite Courses- 19 credits
- Chem 115 (3) Introductory Chemistry (F, Sp)
- Chem 115L (1) Introductory Chemistry Lab (F, Sp)
- Psyc 111 (3) Introduction to Psychology (F, Sp)
- Soc 110 (3) Introduction to Sociology (F, Sp)
- Anat 204 (3) Anatomy for the Paramedical Personal (F, Sp)
- Anat 204L (2) Anatomy for the Paramedical Personal Lab (F, Sp)
- PPT 301 (4) Mechanics of Human Physiology (F, Sp, O)
(Prereq Anat 204 and either Bio150+lab or Chem 116+lab or Chem 121+lab)

Core Courses- 32 credits
- KIN 207 (3) Prevention and Care of Physical Activity Injuries (F, Sp)
- Nutr 240 (3) Fundamentals of Nutrition (F, Sp, O)
- KIN 276 (2) Motor Learning and Lab (F, Sp)
- KIN 276 (1) Motor Learning and Lab (F, Sp)
- KIN 326 (3) Fundamentals of Physical Conditioning (F, Sp, O)
- KIN 332 (3) Biomechanics and lab (F, Sp) (Prereq Anat 204)
- KIN 332L1 (1) Biomechanics and lab (F, Sp) (Prereq Anat 204)
- KIN 355 (3) Applied Motor Development* (Sp)
- KIN 401 (3) Sports Sociology (F, O)
- KIN 402 (3) Exercise Physiology and Lab (F, Sp) (Prereq PPT 301)
- KIN 402L (1) Exercise Physiology and Lab (F, Sp) (Prereq PPT 301)
- KIN 404 (3) Adapted Activities Programming* (Sp, O)
- KIN 440 (3) Sport Psychology (Sp, O)

Graduation Requirements
- 125 Credits
- 60 Credits from 4 year institution
- Last 30 credits from UND
- 30 credits from UND
- 36 semester credits 300 or higher
- College GPA 2.2 or higher

Background Check (Courses marked with * require a background check prior to enrollment)
F-Fall Semesters; Sp-Spring Semesters; SS-Summer Semesters; O-Online
Developed by Kasey Young Su 13