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

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 departments 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 departments 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)

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 (2) 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)

Exercise Science and Wellness Applications- 24 Credits Beyond The Core

Required Courses
- KIN 224 (1) Aquatics Movement Performance and Analysis (Prereq Matching KIN 100 level activity)
- KIN 231 (1) Individual Sport Movement Performance and Analysis (Prereq Matching KIN 100 level activity)
- KIN 236 (1) Team Sport Movement Performance and Analysis (Prereq Matching KIN 100 level activity)
- KIN 446 (3) Exercise Testing and Prescription (SP) (Prereq KIN 326 & KIN 402)
- KIN 497A (10) Internship (Su) (KIN Major Only)

Elective Courses
- KIN 240 (2) Introduction to Wellness (F, SP)
- KIN 327 (3) Fitness for Life (F, SP)
- KIN 375 (3) Fundamentals of Group Exercise Instruction
- KIN 376 (3) Professional Skills in Personal Training (F) (Prereq KIN 326)
- KIN 434 (2) Strength Training Coaching Methods (SP) (Prereq Matching KIN 200 level Movement Performance and Analysis)

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)