**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
- Nutr 240 (3) Fundamentals of Nutrition (F, Sp, O)
- Bio 150/150L General Biology with lab (4) OR Chem 121/121L General Chemistry with lab (4)
  OR Chem 116/116L Intro to Organic Chemistry with lab (4)

**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**
- KIN 491 (3) Capstone

**Prerequisite Courses- 19 credits**
- Chem 115/115L (4) Introductory Chemistry With 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 332L (1) Biomechanics and lab (F, Sp) (Prereq Anat 204)
- KIN 355 (3) Applied Motor Development (F, Sp)
- KIN 401 (3) Sports Sociology (F, O)
- KIN 402 (3) Exercise Physiology and Lab (F, Sp) (Prereq PPT 301)
- KIN 402 (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)

**Exercise Science and Wellness Applications-24 Credits Beyond The Core**

**Required Courses (16 Credits)**
- 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 (Minimum of 8 Credits)**
- 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)**

F-Fall Semesters; Sp-Spring Semesters; SS-Summer Semesters; O=Online
Developed by Kasey Young Su 13, Revised F 16