### 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)**
- PHE 101 (3) Introduction to Public Health (F, SP)
- PHE 102 (3) Epidemiology in Public Health (F)
- ES Approved Social Science Course (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**
- Chem 121/121L General Chemistry with lab (4) OR
  Chem 116/116L Intro to Organic Chemistry with lab (4)
- Bio 150/150L General Biology with lab (4)
- Nutr 240 (3) Fundamentals of Nutrition (F,Sp,O)

### 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 Senior Capstone (3)

### Prerequisite Courses- 9 credits
- 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)

### Health Related Core Classes-18 Credits
- PHE 101 (3) Introduction to Public Health (F, Sp)
- PHE 102 (3) Epidemiology in Public Health (F)
- PHE 103 (3) Introduction to Global Health (SP)
- KIN 110 (1) First Aid and CPR (F,SP,O)
- KIN 240 (2) Introduction to Wellness (F,SP)
- Nutr 240 (3) Fundamentals of Nutrition (F,SP,O)
- KIN 327 (3) Fitness for Life (F,SP)

### 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