

**Recommended Academic Plan for Kinesiology/Fitness Studies (KINES/FITSD at all campuses)
Effective Summer 2006**

Semester 1	Credits	Semester 2	Credits
ENGL 015 or 030 (GWS) Composition/Honors Comp.	3	CAS 100 (GWS) Effective Speech	3
PSYCH 100 (GS) General Psychology	3	BIOL 141 (GN) Physiology	3
Natural Science (GN) (BI SC 004 suggested)	3	Humanities (GH) (US or IL)	3
MATH 022 (GQ) Algebra/Analytical Geometry	3	Social and Behavioral Sciences (GS)	3
Arts (GA)	3	STAT 200 (GQ) Elementary Statistics	4
First-Year Seminar	1		
Total Credits:	16	Total Credits:	16
Semester 3	Credits	Semester 4	Credits
NUTR 251 (GHA) Principles of Nutrition	3	KINES 180 Introduction to Kinesiology	3
CHEM 001 or 003 or 110 & 111 (GN) Chemistry	3-4	KINES 295B Career Observations	1
Life Fitness Skills: select one KINES Physical Activity Program course (KINES 001-097)*	1.5	KINES 201 Cardio Respiratory Training	3
KINES 141 (US;IL) Physical Activity: Historical and Cultural	3	KINES 202 Human Anatomy	4
Arts (GA)	3	KINES 345 Ethics and Movement	3
Humanities (GH)	3	Supporting Course ¹	3
Total Credits:	16.5-17.5	Total Credits:	17
Semester 5	Credits	Semester 6	Credits
KINES 200 Muscle Training	3	KINES 400-level Course	3
Life Fitness Skills: select one KINES Physical Activity Program course (KINES 001-097)*	1.5	KINES 384 Biomechanics	3
KINES 395B Leadership Practicum	1	KINES 400-level Course	3
KINES 456 Physical Fitness Appraisal	4	KINES 321 Psychology of Movement	3
KINES 350 Exercise Physiology	3	ENGL 202 (A or D suggested) (GWS) Effective Writing	3
KINES 400-level Course	3		
Total Credits:	15.5	Total Credits:	15
Semester 7	Credits	Semester 8	Credits
KINES 360 Neurobiology of Motor Control & Development	3	KINES 495B Field/Research Practicum	6
KINES 457 Exercise Prescription/Case Mgmt.	3	Supporting Course ¹ (Suggest KINES 495D)	3-6
KINES 400-level Course	3		
KINES 439W, 481W or 492W	3		
Supporting Course ¹	3		
Total Credits:	15	Total Credits:	9-12

- **Bold** type indicates courses requiring a quality grade of C or better.
 - *Italic* type indicates courses that satisfy both major and General Education requirements.
 - **Italic Bold** type indicates courses requiring a quality grade of C or better and that satisfy both major and General Education requirements.
 - GWS, GHA, GQ, GN, GA, GH, and GS are codes used to identify General Education requirements.
 - US, IL, and US;IL are codes used to designate courses that satisfy University United States/International Cultures requirements.
 - W is the code used to designate courses that satisfy University Writing Across the Curriculum requirement.
- Advising Notes:** *The following courses will not satisfy the Life Fitness Skills requirement: KINES 003, 013, 043, 072, 088, 088J and 096.
¹ The list of approved Supporting Courses is at <http://www.hhdev.psu.edu/kines/undergrad/docs/Fitness%20Studies%20PrerequisitesSU2006.pdf>. Please note that the approved supporting courses are at the bottom of the second page of the link.
- Program Notes:** Selecting KINES 495D in the eighth semester can be used to satisfy remaining credits under supporting courses. It allows students to be full-time as well as the opportunity to complete an out-of-town practicum. KINES 495D can be enrolled for 1-6 credits.