

KINESIOLOGY

SELF-DESIGN EDUCATION

Date _____ Catalog Date _____

Name _____ SID# _____

Last First Middle

Permanent Address _____

Street City State Zip Code

USW Address _____ Telephone _____

Home USW

Email: _____ Minor: _____

Completed: _____ **AREA I: CORE CURRICULUM (45 sch*)** To be completed: _____

REQUIRED COURSE TITLES	COURSES	HR	GR	COURSE TITLE	COURSES	HR	GR
FRESHMAN ORIENTATION (For beginning freshmen)	USW 1001	1		LAB SCIENCES BIO, CHE, or PHY		4	
ENGLISH Composition and Rhetoric Rhetoric and Literature Any 2000 level or Literature	ENG 1113	3		SOCIAL SCIENCES		4	
	ENG 1123	3				3	
		3				3	
COMPUTER CSI 1203 or CSI 2203	CSI 1203	3		HUMANITIES		3	
MATHEMATICS Math, Algebra, or Statistics		3		HUMANITIES		3	
RELIGION NT SURVEY REL		3		SERVANT LEADERSHIP	USW 2233	3	
RELIGION REL		3					

*sch=School Credit Hours

AREA II: MAJOR REQUIREMENTS (42 sch)

REQUIRED COURSE TITLES	COURSES	HR	GR	COURSE TITLE	COURSES	HR	GR
Intro to Sports and Fitness	KES 1303	3		Kinesiology & Biomechanics	KES 3703	3	
First Aid	KES 1403	3		Test and Measurements	KES 4203	3	
Nutrition	KES 2303	3		Fitness Testing and Exercise Prescription	KES 4303	3	
Health and Aging	KES 3303	3		Health Promotion in the Workplace	KES 4403	3	
Care and Prevention of Athletic Injuries	KES 3403	3		Exercise Programming for Special Populations	KES 4503	3	
Physiology of Exercise	KES 3503	3		Legal & Ethical Issues in Exercise/Sports Sci.	KES 4603	3	
Motor Learning	KES 3603	3		Capstone & Portfolio Exit Interview	KES 4703	3	

Completed: _____ **Advanced:** _____ **AREA III: EDUCATION SELF-DESIGN (33 sch)** To be completed: _____

COURSE TITLE	COURSES	HR	GR	COURSE TITLE	COURSES	HR	GR
		3				3	
		3				3	
		3				3	
		3				3	

