

# Kinesiology (KINE) Concentration 2014-2015

Bachelor of Science Degree in Health, Fitness, and Recreation Resources

For advising, contact Melissa Busillo at [mbusillo@gmu.edu](mailto:mbusillo@gmu.edu), visit us at [rht.gmu.edu](http://rht.gmu.edu)



- ❖ **Mason Core, 38 credits:** For current list of approved courses: <http://provost.gmu.edu/gened/approved-course-listing/>
  - Oral Communication - 3 credits
  - Written Communication - 3 Credits (**ENGH 101**)
  - Written Communication - 3 Credits (**ENGH 302**)
  - Information Technology - 3 Credits
  - Quantitative Reasoning - 3 Credits (**STAT 250** with C or better)
  - Arts - 3 Credits
  - Global Understanding - 3 Credits
  - Literature - 3 Credits
  - Natural Science - 8 Credits (**BIOL 124 & 125** with C or better)
  - Social and Behavioral Sciences - 3 Credits (**Heal 230** with C or better)
  - Western Civilization - 3 Credits
- ❖ **Professional Sequence, 75 credits:** (must maintain overall GPA of 2.5 and a C or better in all courses)
  - ATEP 300: Functional Anatomy
  - HEAL 110: Personal Health
  - HEAL 205: Prin of Accident Causatio/Prev
  - KINE 100: Introduction to kinesiology
  - KINE 200: Princpls Health Relatd Fitness
  - KINE 310: Exercise Physiology I
  - KINE 320: Principles of Human Nutrition
  - KINE 330: Seminar in Kinesiology
  - KINE 341: Kinesiology Internship I
  - KINE 350: Exercise Prescription/Program
  - KINE 360: Strength Trng:Concepts/Applns
  - KINE 370: Meas/Eval Physical Fitness
  - KINE 380: Exercise Presc/Prog Spe Popu
  - KINE 400: Biomechanics (offered Fall only)
  - KINE 410: Exercise Physiology II
  - KINE 420: Sport and Exercise Nutrition
  - KINE 441: Kinesiology Internship II
  - KINE 490: Kinesiology Internship III
  - PRLS 405: Plan/Desgn/Main-Les Fac
  - PRLS 450: Research Methods
  - PRLS 460: Sport and Recreation La
  - SPMT 320: Psychology of Sport
- ❖ **Electives, 7 credits:** May include KINE 249, 250 and 499

**Total: 120 Credits**

## Suggested Academic Plan (to be supplemented by Electives)

Semester	Course	Credits	Prerequisites
1 <sup>st</sup> Year Fall	BIOL 124 Human Anatomy & Physiology	4	
	HEAL 110 Personal Health	3	
	KINE 100 Introduction to Kinesiology	3	
1 <sup>st</sup> Year Spring	ATEP 300 Functional Anatomy	3	<i>BIOL 124, CO-REQ BIOL 125</i>
	BIOL 125 Human Anatomy & Physiology	4	<i>BIOL 124</i>
	HEAL 230 Intro to Health Behavior -Mason Core	3	
2 <sup>nd</sup> Year Fall	HEAL 205 Principles of Accident Cause/Prev.	4	
	KINE 200 Principles of Health Related Fitness	2	<i>ATEP 300, CO-REQ KINE 310</i>
	KINE 310 Exercise Physiology I	3	<i>ATEP 300, CO-REQ KINE 200</i>
2 <sup>nd</sup> Year Spring	KINE 320 Principles of Human Nutrition	3	
	KINE 370 Measurement and Evaluation	3	<i>KINE 310</i>
	SPMT 320 Psychology of Sport	3	
3 <sup>rd</sup> Year Fall	KINE 330 Seminar in Kinesiology	3	<i>60 credits, KINE 100, 200, 370</i>
	KINE 350 Exercise Prescription and Programming	3	<i>KINE 200, 310, 370</i>
	PRLS 460 Sport and Recreation Law	3	<i>60 credits</i>
3 <sup>rd</sup> Year Spring	KINE 341 Kinesiology Internship I	3	<i>KINE 330,350, Current CPR, AED &amp; First Aid certs.</i>
	KINE 360 Strength Training	3	<i>KINE 310</i>
	KINE 380 Exercise Prescript & Prog for Spec Pop	3	<i>KINE 330, 350</i>
	PRLS 405 Planning, Design and Maintenance	3	<i>60 credits</i>
	STAT 250 Quantitative Reasoning-Mason Core	3	<i>High School Algebra</i>
4 <sup>th</sup> Year Fall	KINE 400 Biomechanics (offered Fall only)	3	<i>AEP 300, KINE 360</i>
	KINE 410 Exercise Physiology II	3	<i>KINE 310</i>
	KINE 420 Sport and Exercise Nutrition	3	<i>KINE 320, KINE 310</i>
	KINE 441 Kinesiology Internship II	3	<i>90 credits, KINE 330, 341, 360, 380 &amp; Current CPR, AED &amp; First Aid cert.</i>
	PRLS 450 Research Methods	3	<i>60 credits, STAT 250</i>
4 <sup>th</sup> Year Spring	KINE 490 Kinesiology Internship III	12	<i>KINE 400,410,420,441, Current CPR, AED &amp; First Aid certs.</i>

**Academic Requirements:** 120 total credits; 45 upper level credit hours; 30 hours (12 upper level) GMU residency requirement; completion of Mason Core courses; GPA of at least 2.5 and a C or better in BIO 124 and 125, HEAL 230, STAT 250, and *all* professional sequence courses.

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## Suggested Transfer Academic Plan:

\*Assumes completion of BIOL 124, 125, HEAL 230, and STAT 250 with a C or better, *all* Mason Core and elective courses. Must maintain GPA of at least 2.5 and a C or better in *all* professional sequence courses.

Semester	Course	Credits	Prerequisites
1 <sup>st</sup> Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124, CO-REQ BIOL 125
	HEAL 110 Personal Health	3	
	HEAL 230 Intro to Health Behavior	3	
	KINE 100 Introduction to Kinesiology	3	
	SPMT 320 Psychology of Sport	3	
1 <sup>st</sup> Year Spring	HEAL 205 Principles of Accident Cause/Prev.	4	
	KINE 320 Principles of Human Nutrition	3	
	KINE 200 Principles of Health Related Fitness	2	ATEP 300, CO-REQ KINE 310
	KINE 310 Exercise Physiology I	3	ATEP 300, CO-REQ KINE 200
	PRLS 460 Sport and Recreation Law	3	60 credits
1 <sup>st</sup> Year Summer	KINE 370 Measurement and Evaluation	3	KINE 310
2 <sup>nd</sup> Year Fall	KINE 330 Seminar in Kinesiology	3	60 credits, KINE 100, 200, 370
	KINE 350 Exercise Prescription and Programming	3	KINE 200, 310, 370
	KINE 410 Exercise Physiology II	3	KINE 310
	KINE 420 Sport and Exercise Nutrition	3	KINE 320, KINE 310
2 <sup>nd</sup> Year Spring	KINE 341 Kinesiology Internship I	3	KINE 330,350, CPR, AED & First Aid certs.
	KINE 360 Strength Training	3	KINE 310
	KINE 380 Exercise Prescript and Prog for Spec Pop	3	KINE 330, 350
	PRLS 405 Planning, Design and Maintenance	3	60 credits
	PRLS 450 Research Methods	3	60 credits, STAT 250
2 <sup>nd</sup> Year Summer	KINE 441 Kinesiology Internship II	3	90 credits, KINE 330, 341, 360,380 & CPR, AED & First Aid cert.
3 <sup>rd</sup> Year Fall	KINE 400 Biomechanics	3	ATEP 300, KINE 360
	KINE 490 Kinesiology Internship III	12	KINE 400,410,420,441, CPR, AED & First Aid certs

**Academic Requirements:** 120 total credits; 45 upper level credit hours; 30 hours (12 upper level) GMU residency requirement; completion of Mason Core courses; GPA of at least 2.5 and a C or better in BIO 124 and 125, HEAL 230, STAT 250, and *all* professional sequence courses.