

# Kinesiology (KINE) 2016-2017

## Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: [rht.gmu.edu/kinesiology/advising](http://rht.gmu.edu/kinesiology/advising)

- ❖ **Mason Core, 38 credits:** For current list of approved courses: [masoncore.gmu.edu](http://masoncore.gmu.edu)
  - Oral Communication - 3 credits
  - Global Understanding - 3 Credits
  - Written Communication - 3 Credits (**ENGH 101** with C or better)
  - Literature - 3 Credits
  - Written Communication - 3 Credits (**ENGH 302** with C or better)
  - Natural Science - 8 Credits (**BIOL 124 &125** with C or better)
  - Information Technology - 3 Credits
  - Social and Behavioral Sciences - 3 Credits
  - Quantitative Reasoning - 3 Credits (**STAT 250** with C or better)
  - Western Civilization - 3 Credits
  - Arts - 3 Credits
- ❖ **Professional Sequence, 71 credits:** (must maintain GPA of 2.5 and a C or better in all courses)
 

○ ATEP 120: First Aid/Emergency Care	○ KINE 341: Kinesiology Internship I	○ KINE 441: Kinesiology Internship II
○ ATEP 300: Functional Anatomy	○ KINE 350: Exercise Prescription/Program	○ KINE 450: Research Methods
○ HEAL 110: Personal Health	○ KINE 360: Strength Trng:Concepts/Applns	○ KINE 490: Kinesiology Internship III
○ KINE 100: Introduction to Kinesiology	○ KINE 370: Meas/Eval of Physical Fitness	○ PRLS 460: Sport & Recreation Law
○ KINE 200: Intro to Personal Training	○ KINE 380: Exercise Presc/Prog Spe Popu	○ SPMT 320: Psychology of Sport
○ KINE 310: Exercise Physiology I	○ KINE 400: Biomechanics (offered Fall only)	
○ KINE 320: Principles of Human Nutrition	○ KINE 410: Exercise Physiology II	
○ KINE 330: Seminar in Kinesiology	○ KINE 420: Sport and Exercise Nutrition	
- ❖ **Electives, 11 credits:** May include KINE 249, 250 and 499

**Total: 120 Credits**

### Suggested Academic Plan (to be supplemented by Mason Core and Electives)

Semester	Course	Credits	Prerequisites	Campus*
1 <sup>st</sup> Year Fall	BIOL 124 Human Anatomy & Physiology	4		PW/FX
	HEAL 110 Personal Health	3		Net/FX
	KINE 100 Introduction to Kinesiology	3		Hybrid & FX
1 <sup>st</sup> Year Spring	ATEP 300 Functional Anatomy	3	BIOL 124	PW
	BIOL 125 Human Anatomy & Physiology	4	BIOL 124	PW/FX
2 <sup>nd</sup> Year Fall	ATEP 120 First Aid/Emergency Care	2		Hybrid & PW
	KINE 320 Principles of Human Nutrition	3		Net
	KINE 310 Exercise Physiology I	3	BIOL 124, BIOL 125	Net
2 <sup>nd</sup> Year Spring	KINE 200 Intro to Personal Training	3	BIOL 124, BIOL 125, KINE 310, ATEP 300	FX
	KINE 370 Measurement and Evaluation	3	BIOL 124, BIOL 125, KINE 310, ATEP 300	PW/FX
	SPMT 320 Psychology of Sport	3		FX
3 <sup>rd</sup> Year Fall	KINE 330 Seminar in Kinesiology	3	60 credits, KINE 100, 200, 310, 370, ATEP 300	PW/FX
	KINE 350 Exercise Prescription and Programming	3	KINE 200, 310, 370, ATEP 300	PW
	PRLS 460 Sport and Recreation Law	3	60 credits	Net
3 <sup>rd</sup> Year Spring	KINE 341 Kinesiology Internship I	3	KINE 200, 310, 330, 350, 370 Current CPR/AED/First Aid	OCL & PW/FX
	KINE 360 Strength Training	3	KINE 310, ATEP 300	PW
	KINE 380 Exercise Prescript & Prog for Spec Pop	3	KINE 200, 310, 330, 350, 370	PW
	STAT 250 Introductory Statistics	3		Net/FX
4 <sup>th</sup> Year Fall	KINE 400 Biomechanics (offered Fall only)	3	ATEP 300, KINE 360	PW
	KINE 410 Exercise Physiology II	3	KINE 310	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310, 320	Net
	KINE 441 Kinesiology Internship II	3	90 credits, KINE 330, 341, 350, 360, 370, 380, Current CPR/AED/First Aid	OCL & PW/FX
	KINE 450 Research Methods (Writing Intensive)	3	60 credits, STAT 250	PW
4 <sup>th</sup> Year Spring	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330, 341,400,410,420,441, Current CPR/AED/First Aid	OCL

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

**Professional Certification Exam Requirement:** attempt either the American College of Sports Medicine (ACSM)-Certified Exercise Physiologist (EP-C) *or* the National Strength and Conditioning Association (NSCA)-Certified Strength and Conditioning Specialist (CSCS). NSCA exam discount code: ERPGMU2

\*All classes listed as PW are located on the Science and Technology Campus (SciTech)

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### Suggested Transfer Academic Plan:

\*Assumes completion of BIOL 124, 125, and STAT 250 with a C or better, *all* Mason Core [except ENGH 302] 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	Campus*
1 <sup>st</sup> Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124	PW
	HEAL 110 Personal Health	3		Net/FX
	KINE 100 Introduction to Kinesiology	3		Hybrid - FX
	KINE 310 Exercise Physiology I	3	BIOL 124, BIOL 125	Net
	ENGH 302 Advanced Composition	3	Lower level ENGH, Literature, and 45 credits	FX/Net
1 <sup>st</sup> Year Spring	ATEP 120 First Aid/Emergency Care	2		Hybrid & PW
	KINE 200 Intro to Personal Training	3	BIOL 124, BIOL 125, ATEP 300, KINE 310	FX
	KINE 320 Principles of Human Nutrition	3		Net
	KINE 360 Strength Training	3	KINE 310, ATEP 300	PW
	KINE 370 Measurement and Evaluation	3	BIOL 124, BIOL 125, ATEP 300, KINE 310	PW/FX
1 <sup>st</sup> Year Summer	KINE 330 Seminar in Kinesiology	3	60 credits, KINE 100, 200, 310, 370, ATEP 300	PW/FX
	KINE 350 Exerc. Prescription and Prog.	3	KINE 200, 310, 370, ATEP 300	PW
2 <sup>nd</sup> Year Fall	KINE 341 Kinesiology Internship I	3	KINE 200, 310, 330,350, 370 Current CPR/AED/First Aid	OCL & PW/FX
	KINE 380 Exerc. Prescript and Prog for Spec Pop	3	KINE 200, 310, 330, 350, 370	PW
	KINE 400 Biomechanics (offered Fall only)	3	ATEP 300, KINE 360	PW
	PRLS 460 Sport and Recreation Law	3	60 credits	Net
	SPMT 320 Psychology of Sport	3		FX
2 <sup>nd</sup> Year Spring	KINE 410 Exercise Physiology II	3	KINE 310	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310, 320	Net
	KINE 441 Kinesiology Internship II	3	90 credits, KINE 330, 341, 350, 360, 370, 380, Current CPR/AED/First Aid	OCL & PW/FX
	KINE 450 Research Methods	3	60 credits, STAT 250	PW
2 <sup>nd</sup> Year Summer	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330, 341, 400, 410, 420, 441, Current CPR/AED/First Aid	OCL

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

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### KINE Advising Questions

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Appointments: <https://rht.gmu.edu/kinesiology/advising>