



**Bachelor of Science (B.S.) Degree in Health, Fitness, and Recreation Resources  
Kinesiology (KNES) Concentration  
School of Recreation, Health, and Tourism (RHT)  
Academic Advising Form 2011-2012**

[www.rht.gmu.edu](http://www.rht.gmu.edu)

For advising, contact Dr. Cindy Waddell at [cwaddell@gmu.edu](mailto:cwaddell@gmu.edu)

**120 Credit Hours**

**GENERAL EDUCATION (38 credits):** For current list of approved courses: <http://www.gmu.edu/departments/provost/gened/>

Requirement	Credits	Prerequisites
Oral Communication	3	
Written Communication (Lower Level)	3	
Written Communication (Upper Level)	3	45 credits: C or better in Gen. Ed. comp. and lit.
Information Technology	3	
Quantitative Reasoning (STAT 250)	3	High School Algebra
Arts	3	
Global Understanding	3	
Literature	3	
Natural Science (BIO 124 and BIO 125)	8	
Social and Behavioral Sciences (HEAL 230)	3	
Western Civilization	3	

**PROFESSIONAL CONCENTRATION (69 credits):** Some GEN ED requirements above also appear in the semester list below.

I <sup>st</sup> Year Fall Semester	Credits	Prerequisites	Campus	Sem.
BIO 124 Human Anatomy & Physiology GEN ED	4		FX/PW	F, Sum
<b>I<sup>st</sup> Year Spring Semester</b>				
BIO 125 Human Anatomy & Physiology GEN ED	4	BIO 124	FX/PW	S, Sum
HEAL 205 Principles of Accident Cause/Prev.	4		FX	F,S,Sum
KINE 301 Resistance Training for Health Related Fitness	2		FX	F,S,Sum
<b>2<sup>nd</sup> Year Fall Semester</b>				
HEAL 350 Interventions for Populations at Risk	3		FX	F, S
KINE 310 Physiology of Exercise	3	BIO 124, BIO 125	PW	F,S,Sum
PRLS 310 Program Planning and Design	3	HEAL 205	FX/PW	F, S
PHYS 103 Physics (PHYS160 & 161 PREREQ recommended for pre-professional)*	4	*The prerequisite course for PHYS 160 & 161 is MATH 114	FX	F
<b>2<sup>nd</sup> Year Spring Semester</b>				
HEAL 230 Intro to Health Behavior GEN ED	3		FX	F, S
HEAL 330 Nutrition	3		PW	F,S,Sum
KINE 300 Kinesiology	3	BIO 124 and Corequisite BIO 125	PW	F,S,Sum
<b>3<sup>rd</sup> Year Fall Semester</b>				
KINE 370 Measurement and Eval. of Fitness	3	KINE 300 and KINE 310	FX	F, S
KINE 400 Biomechanics	3	KINE 300 and PHYS 103(Recommended)		F
PHED 306 Psychomotor Learning	3		PW	F,S,Sum
PRLS 460 Sport and Recreation Law	3	60 credits	FX	F,S,Sum
<b>3<sup>rd</sup> Year Spring Semester</b>				
KINE 341 Field Experience in Kinesiology	3	KINE 310, KINE 400, Junior status, and current CPR, AED & First Aid certificates		F,S
KINE 350 Cardio-Respiratory Training	3	KINE 300, KINE 301, and KINE 310		S
KINE 360 Strength Training	3	KINE 301, KINE 310, KINE 370, and KINE 400	FX/PW	F, S
STAT 250 Quantitative Reasoning GEN ED	3		FX/PW	F,S,Sum
<b>4<sup>th</sup> Year Fall Semester</b>				
HEAL 430 Seminar in Ex.Science/Hlth Promo.	3	90 credits	PW	F, S
KINE 410 Advanced Work Physiology	3	KINE 310		F
PRLS 405 Planning, Design and Maintenance	3	PRLS 310 and 60 credits	PW	F, S
PRLS 450 Research Methods	3	STAT 250, and 60 credits	FX/PW	F,S,Sum
SPMT 320 Psychology of Sport	3		FX/PW	F, S
<b>4<sup>th</sup> Year Spring Semester</b>				
HEAL 490 Exercise Science Internship	12	90 credits		F,S,Sum

**ELECTIVES (13 credits)**

Electives (may include PHYS 103 or PHYS 160 & 161 as prerequisites)	13	
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**Additional Requirements for Graduation:**

120 total credits; 45 Upper Level Credit Hours; 30 Hours (with 12 being upper level major courses); GMU Residency Requirement; Completion of General Education Requirements (38 credits); GPA of at least 2.0

## TRANSFER PLAN

<i>1<sup>st</sup> Year Fall Semester</i>	Credits	Prerequisites	Campus	Sem.
HEAL 205 Principles of Accident Cause/Prev.	4		FX	F,S,Sum
HEAL 330 Nutrition	3		PW	F,S,Sum
KINE 300 Kinesiology	3	<i>BIO 124 and Corequisite BIO 125</i>	PW	F,S,Sum
KINE 301 Resistance Training for Health Related Fitness	2		FX/PW	F,S,Sum
HEAL 350 Interventions for Populations at Risk	3		FX	F, S
<i>1<sup>st</sup> Year Spring Semester</i>				
KINE 310 Physiology of Exercise	4	<i>BIO 124, BIO 125</i>	PW	F,S,Sum
PRLS 310 Program Planning and Design	3	<i>HEAL 205</i>	FX/PW	F, S
HEAL 230 Intro to Health Behavior GEN ED	3		FX	F, S
STAT 250 Quantitative Reasoning GEN ED	3		FX/PW	F,S,Sum
PRLS 460 Sport and Recreation Law	3	<i>60 credits</i>	FX	F,S,Sum
<i>2<sup>nd</sup> Year Fall Semester</i>				
KINE 370 Measurement and Eval. of Fitness	3	<i>KINE 300 and KINE 310</i>	FX	F, S
KINE 400 Biomechanics	3	<i>KINE 300 and PHYS 103( Recommended)</i>		F
KINE 410 Advanced Work Physiology	3	<i>KINE 310</i>		F
KINE 360 Strength Training	3	<i>KINE 300, KINE 301, KINE 310, and KINE 370</i>	FX/PW	F, S
HEAL 430 Seminar in Ex.Science/Hlth Promotion	3	<i>90 credits</i>	PW	F, S
PHED 306 Psychomotor Learning	3		PW	F,S,Sum
<i>2<sup>nd</sup> Year Spring Semester</i>				
KINE 341 Field Experience in Kinesiology	3	<i>KINE 310, KINE 400, Junior status, and current CPR, AED &amp; First Aid certificates)</i>		F.S
KINE 350 Cardio-Respiratory Training	3	<i>KINE 300, KINE 301, and KINE 310</i>		S
PRLS 405 Planning, Design and Maintenance	3	<i>PRLS 310 and 60 credits</i>	PW	F, S
SPMT 320 Psychology of Sport	3		FX/PW	F, S
PRLS 450 Research Methods	3	<i>STAT 250, and 60 credits</i>	FX/PW	F,S,Sum
<i>2<sup>nd</sup> Year Summer</i>				
HEAL 490 Exercise Science Internship	12	<i>90 credits</i>		F,S,Sum