

KINESIOLOGY>BA HEALTH AND FITNESS PROMOTION – 4 YEAR GRADUATION PLAN

(All General Education courses must be from the approved list)

Fall – Freshman (16 credits)

WU 101 The Washburn Experience (3)
EN 101 First Year Writing (3) or EN102 Honors English (3)
KN 250 Introduction to Kinesiology (2)
BI 100 Introduction to Biology (3)
BI 101 Introduction to Biology lab (2)
Humanities *Gen Ed Elective* (3) - Art, Music or Theater

Spring – Freshman (15 credits)

KN 248 Wellness Concepts and Application (3)
Social Science *Gen Ed Elective* (3)
Social Science *Gen Ed Elective* (3)
Humanities *Gen Ed Elective* (3)
MA 116 College Algebra (3) OR MA 112 Essential Mathematics (3)

Fall – Sophomore (16 credits)

BI 250 Human Anatomy (3)* (BI 100)
or BI 275 Human Anatomy with lab (4)* (BI 100 & BI 101)
KN 257 Prevention & Care of Athletic Injuries (3)
KN 266 Microcomputer Applic to Kinesiology (2) (KN or BEd major)
KN Activity Techniques (2) (choose one - KN341, 343, 344 or 345)*
prereq: KN248 and KN250)
Humanities *Gen Ed Elective* (3)
Social Science *Gen Ed Elective* (3)

Spring – Sophomore (16 credits)

KN 321 Anatomical Kinesiology (3)* (BI 250)
KN 342 Activity Techniques II (2)* (KN 248 & KN 250)
Humanities *Gen Ed Elective* (3)
Social Science *Gen Ed Elective* (3)
Natural Science *Gen Ed Elective* (3)

Fall – Junior (17 credits)

EN 300 Advanced Composition (3)
BI 255 Human Physiology (4)* (BI 100, BI101)
Correlated Course Requirement (3)
KN 306 Org and Admin in Kinesiology (3)* (Junior Standing)
or KN330 Admin of Ex and Rehab Sci (3)* (Junior Standing)
Foreign Language @ 101 level (4)

Spring – Junior (16 credits)

KN Elective Requirement (3)*
KN 326 Physiology of Exercise (3)* (BI 255)
KN 300 Psych of Sport/Phys Activity (3)* (KN248 and KN250, or Junior Standing and consent)
or KN 318 Exercise Psychology (3)* (KN248 and KN250, or Junior Standing and consent)
Correlated Course Requirement (3)
Foreign Language @ 102 level (4)

Fall – Senior (15 credits)

KN Elective Requirement (3)*
KN 410 Fit Testing and Exer Prescription (3)* (KN 342 and KN 326)
Natural Science *Gen Ed Elective* (3)
HL 377 Critical Issues in Health (3) (KN248 or consent)
Correlated Course Requirement (3)

Spring – Senior (12-15)

Social Science *Gen Ed Elective* (3)
Humanities *Gen Ed Elective* (3)
Correlated Course Requirement (3)
KN 498 Internship (3-6) (completion of all KN Major and Activity requirements and
current First Aid and CPR certifications)

KEY: * = prerequisite required

(revised for Fall 2021)