

**GEORGE MASON UNIVERSITY**  
**SCHOOL OF RECREATION, HEALTH, AND TOURISM**  
**B.S. DEGREE IN KINESIOLOGY (225B Bull Run Hall, 703-993-5200)**  
<https://rht.gmu.edu/kinesiology/>  
**2018 - 2019 CATALOG**

	<u>Department(s) &amp; Course #(s)</u>	<u>Completed/ Grade(s)</u>	<u>Needed</u>
<b><u>MASON CORE REQUIREMENTS (38)</u></b>			
a. Written Communication: ENGH 101 (100), ENGH 302 (C or better) (3,3)		___ ___	___ ___
b. Oral Communication: COMM 100 or 101 (circle choice) (3)		___	___
c. <b>STAT 250 (3)</b>		___	___
d. Literature (3)		___	___
e. Arts (3)		___	___
f. Western Civilization (3)		___	___
g. Social & Behavioral Science (3)		___	___
h. <b>BIOL 124, BIOL 125 (4,4)</b>		___	___
i. Global Understanding (3)		___	___
j. Information Technology (3)		___	___
k. <b>Synthesis (satisfied by KINE 490)</b>		___	___

Go to: <http://catalog.gmu.edu/mason-core/> to link to information on Mason Core requirements.

**PROFESSIONAL SEQUENCE (68)**

a. ATEP 120 (2)		a. _____	_____
b. ATEP 300 (3)		b. _____	_____
c. HEAL 110 (3)		c. _____	_____
d. KINE 100 (3)		d. _____	_____
e. KINE 200 (3)		e. _____	_____
f. KINE 310 (3)		f. _____	_____
g. KINE 320 (3)		g. _____	_____
h. KINE 330 (3)		h. _____	_____
i. KINE 341 (3)		i. _____	_____
j. KINE 350 (3)		j. _____	_____
k. KINE 360 (3)		k. _____	_____
l. KINE 370 (3)		l. _____	_____
m. KINE 380 (3)		m. _____	_____
n. KINE 400 (3)		n. _____	_____
o. KINE 410 (3)		o. _____	_____
p. KINE 420 (3)		p. _____	_____
q. KINE 441 (3)		q. _____	_____
r. KINE 490 (12)		r. _____	_____
s. KINE 450 (writing intensive course) (3)		s. _____	_____
t. SPMT 320 (3)		t. _____	_____

Students are required to maintain a minimum cumulative GPA of 2.5 each semester and to receive a grade of C or better in all major coursework (BIOL 124, BIOL 125, HEAL 230, STAT 250, as well as all Professional Sequence courses). Failure to do so will result in probation or termination from the KNES concentration.

**GENERAL ELECTIVES (14)** (List courses)

		___ ___	___ ___
		___	___

**MINIMUM 120 HOURS (including Minimum 45 UPPER DIVISION HOURS) to Graduate**

This planning form is intended to be used in consultation with your academic advisor and reflects the requirements for the 2018 - 2019 Catalog; the University Catalog is the official reference for program requirements.

# Kinesiology (KINE) 2018-2019

## 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: [catalog.gmu.edu/mason-core/](http://catalog.gmu.edu/mason-core/)

- Written Communication - 3 Credits (**ENGH 101<sup>C</sup>**)
- Written Communication - 3 Credits (**ENGH 302<sup>C</sup>**)
- Oral Communication - 3 credits
- Information Technology - 3 Credits
- Quantitative Reasoning - 3 Credits (**STAT 250<sup>C</sup>**)
- Literature - 3 Credits
- Arts - 3 Credits
- Western Civilization - 3 Credits
- Social and Behavioral Sciences - 3 Credits
- Global Understanding - 3 Credits
- Natural Science - 8 Credits (**BIOL 124<sup>C</sup> & 125<sup>C</sup>**)

❖ **Professional Sequence, 68 credits:** (must maintain GPA of 2.5 and a C or better)

- ATEP 120: First Aid & Emergency Care
- ATEP 300: Functional Anatomy
- HEAL 110: Personal Health
- KINE 100: Introduction to Kinesiology
- KINE 200: Intro to Personal Training
- 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: Exercise Testing and Evaluation
- 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 450: Research Methods
- KINE 490: Kinesiology Internship III
- SPMT 320: Psychology of Sport

❖ **Electives, 14 credits**

**Total: 120 Credits**

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

\*All campus locations are subject to change. Classes listed as PW are located on the Science and Technology Campus (SciTech)

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		FX-Hybrid
1 <sup>st</sup> Year Spring	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>C</sup>	PW
	BIOL 125 Human Anatomy & Physiology	4	BIOL 124 <sup>C</sup>	PW/FX
2 <sup>nd</sup> Year Fall	KINE 320 Principles of Human Nutrition	3		Net
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>	Net/PW
2 <sup>nd</sup> Year Spring	KINE 200 Intro to Personal Training	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	FX
	KINE 370 Exercise Testing and Evaluation	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW/FX
	SPMT 320 Psychology of Sport	3		FX
3 <sup>rd</sup> Year Fall	KINE 330 Seminar in Kinesiology	3	KINE 100 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW/FX
	KINE 350 Exercise Prescription and Programming	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 370 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW
	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
3 <sup>rd</sup> Year Spring	KINE 341 Kinesiology Internship I	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 370 <sup>C</sup> , Current CPR/AED/First Aid	PW/FX
	KINE 360 Strength Training: Concepts & Applic.	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 380 Exercise Prescript & Prog for Spec Pop	3	KINE 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW
	STAT 250 Introductory Statistics I	3		Net/FX
4 <sup>th</sup> Year Fall	KINE 400 Biomechanics (offered Fall only)	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 360 <sup>C</sup>	PW
	KINE 410 Exercise Physiology II	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310 <sup>C</sup> , 320 <sup>C</sup>	Net
	KINE 441 Kinesiology Internship II	3	KINE 341 <sup>C</sup> , 380 <sup>C</sup> , KINE 360 <sup>C</sup> Current CPR/AED/First Aid	PW/FX
	KINE 450 Research Methods (Writing Intensive)	3	STAT 250 <sup>C</sup> , junior or senior standing	PW/Net
4 <sup>th</sup> Year Spring	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330 <sup>C</sup> , 341 <sup>C</sup> , 400 <sup>C</sup> , 410 <sup>C</sup> , 420 <sup>C</sup> , 441 <sup>C</sup> , 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: ERPGMU17

# Kinesiology (KINE) 2018-2019

## Bachelor of Science Degree in Kinesiology

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

### Suggested Transfer Academic Plan:

- Assumes completion of BIOL 124, 125, and STAT 250 with a C or better, *all* Mason Core [except ENGH 302].
- If 14 credits of electives have not been acquired, they must supplement this plan.
- Must maintain GPA of at least 2.5 and a C or better in *all* professional sequence courses.

\*All campus locations are subject to change. Classes listed as PW are located on the Science and Technology Campus (SciTech)

Semester	Course	Credits	Prerequisites	Campus*
1 <sup>st</sup> Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>C</sup>	PW
	HEAL 110 Personal Health	3		Net/FX
	KINE 100 Introduction to Kinesiology	3		FX-Hybrid
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>	Net/PW
	ENGH 302 Advanced Composition	3	Lower level ENGH <sup>C</sup>	FX/Net
1 <sup>st</sup> Year Spring	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
	KINE 200 Intro to Personal Training	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	FX
	KINE 320 Principles of Human Nutrition	3		Net
	KINE 360 Strength Training: Concepts & Applic.	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 370 Exercise Testing and Evaluation	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW/FX
1 <sup>st</sup> Year Summer	KINE 330 Seminar in Kinesiology	3	KINE 100 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW/FX
	KINE 350 Exerc. Prescription and Programming	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 370 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW
2 <sup>nd</sup> Year Fall	KINE 341 Kinesiology Internship I	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 370 <sup>C</sup> , Current CPR/AED/First Aid	PW/FX
	KINE 380 Exerc. Prescript and Prog for Spec Pop	3	KINE 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW
	KINE 400 Biomechanics (offered Fall only)	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 360 <sup>C</sup>	PW
	SPMT 320 Psychology of Sport	3		FX
2 <sup>nd</sup> Year Spring	KINE 410 Exercise Physiology II	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310 <sup>C</sup> , 320 <sup>C</sup>	Net
	KINE 441 Kinesiology Internship II	3	KINE 341 <sup>C</sup> , 380 <sup>C</sup> , KINE 360 <sup>C</sup> Current CPR/AED/First Aid	PW/FX
	KINE 450 Research Methods(Writing Intensive)	3	STAT 250 <sup>C</sup> , junior or senior standing	PW
2 <sup>nd</sup> Year Summer	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330 <sup>C</sup> , 341 <sup>C</sup> , 400 <sup>C</sup> , 410 <sup>C</sup> , 420 <sup>C</sup> , 441 <sup>C</sup> , Current CPR/AED/First Aid	OCL

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**KINE Advising Questions**  
[rht.gmu.edu/kinesiology/advising](http://rht.gmu.edu/kinesiology/advising)

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 703-993-5261

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