<b>1ason Core Requirements: 35 credits</b> /ritten Communication:	Catalog Year: 2019 - 2020		Grad	des
-		Credits	Earned I	
	ENGH 101 (100)	3	Lanca	iccuc
ral Communication:		3		
Quantitative Reasoning	*Must take STAT 250	3		
Iformation Technology		3		
rts		3		
lobal Understanding		3		
terature		3		
Natural Science Requirement				
*BIOL 124	Human Anatomy and Physiology	4		
*BIOL 125	Human Anatomy and Physiology	4		
ocial & Behavioral Sciences				
/estern Civilization/World History		3		
/ritten Communication:	ENGH 302	3		
Synthesis/Capstone	*Satisfied by Major Requirements (KINE 490)			
	rk (BIOL 124 Human Anatomy and Physiology, BIOL 125 Human Anatomy ), as well as all Professional Sequence courses). Failure to do so will result from the KINE program. First Aid and Emergency Care			
TEP 300	Functional Anatomy	3		
EAL 110	Personal Health	3		
INE 100	Introduction to Kinesiology	3		
INE 200	Methods of Exercise Instruction	3		
INE 310	Exercise Physiology I	3		
INE 320	Principles of Human Nutrition	3		
INE 330	Seminar in Kinesiology	3		
INE 341	Kinesiology Internship I	3		
INE 350	Exercise Prescription and Programming	3		
INE 360	Strength Training: Concepts and Applications	3		
INE 370	Exercise Testing and Evaluation	3		
INE 380	Exercise Prescription and Programming for Special Populations	3		
INE 400	Biomechanics	3		
INE 410	Exercise Physiology II	3		
INE 420	Sport and Exercise Nutrition	3		
INE 441	Kinesiology Internship II	3		
INE 450	Research Methods (fulfills writing intensive requirement)	3		
INE 490	Kinesiology Internship III	12		
PMT 320	Psychology of Sport	3		
	Degree Notes		II.	

# Kinesiology (KINE) 2019-2020

#### Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: <u>rht.gmu.edu/kinesiology/advising</u>

#### \* Mason Core, 38 credits: For current list of approved courses: <u>catalog.gmu.edu/mason-core/</u>

- 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>)
- $\circ$  Literature 3 Credits

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

- KINE 341: Kinesiology Internship I
- ATEP 120: First Aid & Emergency Care
  ATEP 300: Functional Anatomy
  HEAL 110: Personal Health

o KINE 100: Introduction to Kinesiology

• KINE 350: Exercise Prescription & Program

• Arts - 3 Credits

Western Civilization - 3 Credits

• Global Understanding - 3 Credits

o Social and Behavioral Sciences - 3 Credits

Natural Science - 8 Credits (BIOL 124<sup>C</sup> &125<sup>C</sup>)

- KINE 360: Strength Trng:Concepts & Applns
- KINE 370: Exercise Testing and Evaluation
- KINE 200: Intro to Personal Training KINE 380: Exercise Presc & Prog Spe Popu
- KINE 310: Exercise Physiology I
  KINE 320: Principles of Human Nutrition
  KINE 330: Seminar in Kinesiology
- KINE 400: Biomechanics (offered Fall only)
  KINE 410: Exercise Physiology II
- KINE 420: Sport and Exercise Nutrition

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

Credits

## Electives, 14 credits(Suggested KINE 311)

### Total: 120 Credits

Course

Semester

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

• KINE 441: Kinesiology Internship II

- KINE 450: Research Methods
- KINE 490: Kinesiology Internship III

Campus\*

- o SPMT 320: Psychology of Sport
- opu

Prerequisites

1 <sup>st</sup> Year	BIOL 124 Human Anatomy & Physiology	4		PW/FX
Fall	HEAL 110 Personal Health	3		Net/FX
1 all	KINE 100 Introduction to Kinesiology	3		FX-Hybrid
1 <sup>st</sup> Year	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>C</sup>	PW
Spring	BIOL 125 Human Anatomy & Physiology	4	BIOL 124 <sup>C</sup>	PW/FX
2 <sup>nd</sup> Year	KINE 320 Principles of Human Nutrition	3		Net
Fall	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>	Net/PW
and XZ	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
2 <sup>nd</sup> Year	KINE 370 Exercise Testing and Evaluation	3	RIOL 124 <sup>C</sup> RIOL 125 <sup>C</sup> KINE 310 <sup>C</sup> ATEP 300 <sup>C</sup>	PW/FX

Fall	KINE 510 Exercise Filystology I	3	BIOL 124°, BIOL 125°	Net/P W
2 <sup>nd</sup> Year Spring	KINE 200 Intro to Personal Training	3	<i>BIOL 124<sup>C</sup>, BIOL 125<sup>C</sup>, KINE 310<sup>C</sup>, ATEP 300<sup>C</sup></i>	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
Spring	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
Fall	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
	KINE 341 Kinesiology Internship I	3	<i>KINE 200<sup>C</sup></i> , <i>310<sup>C</sup></i> , <i>330<sup>C</sup></i> , <i>350<sup>C</sup></i> , <i>370<sup>C</sup></i> , <i>Current</i> <i>CPR/AED/First Aid</i>	PW/FX
3 <sup>rd</sup> Year	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
Spring	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	<i>KINE 310<sup>C</sup></i> , <i>320<sup>C</sup></i>	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) 2019-2020

Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: <u>rht.gmu.edu/kinesiology/advising</u>



#### 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*
l <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
	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
1 <sup>st</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 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	KINE 330 Seminar in Kinesiology	3	KINE 100 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW/FX
Summer	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	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
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
	SPMT 320 Psychology of Sport	3		FX
	KINE 410 Exercise Physiology II	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
2 <sup>nd</sup> Year Spring	KINE 420 Sport and Exercise Nutrition	3	<i>KINE 310<sup>C</sup>, 320<sup>C</sup></i>	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

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

KINE Advising Questions rht.gmu.edu/kinesiology/advising Stormi Woltz <u>swoltz@gmu.edu</u> 703-993-5261 Appointments: <u>https://rht.gmu.edu/kinesiology/advising</u>