

Bachelor of Science in Kinesiology

Sample Plan

The academic plan below is one pathway through the degree/certificate. It includes all requirements, taking into account recommendations from program faculty. Each student's plan may vary according to their initial course placement (<https://catalog.uaa.alaska.edu/academicpoliciesprocesses/academicstandardsregulations/courseplacement/>), intended course load, additional majors and/or minors, and their placement into required prerequisite courses. Any change in the plan below can have an unforeseen impact on the rest of the plan. **Therefore, it is very important to meet with your academic advisor to verify your personal academic plan.**

Please review the following terms, definitions, and resources associated with the sample academic plan below.

- Each course in the far left column links to a pop-up bubble with a course description, prerequisite requirements, and associations with university requirements. For example, if a course fulfills a general education requirement, you will see that in the pop-up bubble.
- GER:** indicates a General Education Requirement (<https://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/gers/>). GERs that also count toward degree/certificate requirements appear as a specific course in the plan. For these courses, "GER" is not indicated explicitly in the table, but if you click on the course, you will see the course's GER status in the pop-up bubble.
- Program Elective:** indicates a specific course selection determined by program faculty to fulfill a degree/certificate requirement. Students should seek assistance from their academic advisor.
- Elective:** indicates an open selection of 100-400 level university courses to fulfill elective credits needed to meet the minimum total credits toward the degree/certificate.
- Upper Division Program Elective:** indicates a specific 300-400 level course selection determined by the program faculty to fulfill a degree/certificate requirement. Students should seek assistance from their academic advisor.
- Upper Division Elective:** indicates an open selection of 300-400 level courses to fulfill elective credits needed to meet the minimum total credits toward the degree/certificate. These courses must be upper division in order to meet General University Requirements for the particular degree/certificate type.

First Year

Fall		Credits
BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4
KIN A181	Introduction to Kinesiology	3
GER Humanities ¹		3
GER Quantitative Skills		3

GER Written Communication Skills		3
Credits		16
Spring		
BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
KIN A182	Fundamentals of Biomechanics	2
PSY A111 or PSY A150	Introduction to Psychology or Lifespan Development	3
GER Oral Communication Skills		3
GER Written Communication Skills		3
Credits		15
Second Year		
Fall		
BA A151	Business Foundations	3
KIN A280	Leadership in Kinesiology	3
KIN A281	Leadership in Activities for Special Populations	2
KIN A284	Leadership in Fitness Activities	2
KIN A287	Leadership in Outdoor Recreation Activities	2
GER Humanities		3
Credits		15
Spring		
KIN A282	Leadership in Initiative Activities	2
KIN A286	Leadership in Recreation and Sport Activities	2
KIN A289	Prevention and Care of Activity-Related Injuries	3
KIN A295A	Practicum I	1
GER Fine Arts		3
Program Elective		3
Credits		14
Third Year		
Fall		
DN A360	Sports Nutrition	3
KIN A382	Kinesiology and Biomechanics	4
KIN A386	Current Issues in Health and Wellness	3
Program Elective		3
Program Elective		3
Credits		16
Spring		
KIN A383	Movement Theory and Motor Development	3
KIN A385	Physiology of Exercise	4
KIN A395	Practicum II	1
Program Elective		3
Upper Division Elective		3
Credits		14

Fourth Year**Fall**

KIN A384	Cultural and Psychological Aspects of Health and Physical Activity	3
KIN A484	Exercise Testing and Prescription	4
KIN A486	Standards and Assessment in Kinesiology	3
Program Elective		3
Upper Division Elective		3
Credits		16

Spring

KIN A487	Administration and Supervision in Kinesiology	3
KIN A495	Internship	6-12
Elective		2
Program Elective		3
Credits		14-20
Total Credits		120-126

¹ Choose a course that also fulfills the Alaska-Native Themed GER.