### FRESHMAN YEAR

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Hrs</th>
<th>Spring Semester</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 1000 Introduction to Biology</td>
<td>4</td>
<td>Physical Education Requirement</td>
<td>1</td>
</tr>
<tr>
<td>COSC 1200 Computer Information Systems</td>
<td>3</td>
<td>ENGL 1020 English II: Composition</td>
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<tr>
<td>ENGL 1010 English I: Composition</td>
<td>3</td>
<td>FCSC 1141 Principles of Nutrition</td>
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<tr>
<td>HLTK 1620 AHA Heart Saver 1st Aid, CPR &amp; AED</td>
<td>0.33</td>
<td>HLED 1006 Personal and Community Health</td>
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<td>MATH 1400 Pre-Calculus Algebra</td>
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<td>HLTK 1200 Medical Terminology</td>
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<tr>
<td>PEPR 1005 Introduction to Physical Education and Sport</td>
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<td>PSYC 1000 General Psychology</td>
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<td><strong>TOTAL</strong></td>
<td><strong>16.33</strong></td>
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<table>
<thead>
<tr>
<th>SOPHOMORE YEAR</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>Cultural Environment Requirement</td>
<td>3</td>
<td>General Education Requirement</td>
</tr>
<tr>
<td>General Education Requirement</td>
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<td><strong>TOTAL</strong></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>16</strong></td>
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</tr>
</tbody>
</table>

**TOTAL CASPER AS DEGREE HOURS** 64*

Successful completion of the 2+2 plan requires that a student remain continuously enrolled and graduate with the associate's degree from his or her respective community college. • This is a guide for course work in the major; actual course sequence may vary by student. Please refer to the online student degree evaluation. • Not all courses are offered every semester and some electives may have prerequisites. Students should review the course descriptions in the catalogs of their respective institutions and consult with their academic advisor to plan accordingly. • Academic plans and course schedules may need to be altered if ACT or Math Placement scores require a student to take pre-college courses (e.g., MATH 0900, 0921, or 0925) before taking required math or English courses.

**Casper College requirements:**
In order to graduate, students must successfully complete a minimum of 60 approved credit hours, with 15 of the last 30 semester hours completed as a degree-seeking student at Casper College, and with a grade point average of 2.0 or higher in those courses counted toward graduation. • Students must earn at least 24 of the semester credits applied toward graduation through the completion of Casper College coursework, including at least six (6) hours with the desired major. • Only courses numbered 1000 or above can be used toward the degree.

**University of Wyoming requirements:**
Students must have a minimum cumulative GPA of 2.0 to graduate. • Students must complete 42 hours of upper division (3000-level or above) coursework, 30 of which must be from the University of Wyoming. • Courses must be taken for a letter grade unless offered only for S/U.

Transfer Recommendations and Program Notes on page 2.
# Kinesiology & Health Promotion, BS

## University of Wyoming

### JUNIOR YEAR

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Hrs</th>
<th>Spring Semester</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>KIN 3010</td>
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<td>KIN/HLED Required &amp; Elective Courses ^</td>
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<tr>
<td>KIN 3021</td>
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<td>KIN/HLED Required &amp; Elective Courses ^</td>
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<td><strong>TOTAL</strong></td>
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<td><strong>TOTAL</strong></td>
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### SENIOR YEAR

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<tr>
<td>USP Communication 3</td>
<td>C3</td>
<td>KIN 4015 Internship *</td>
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</tr>
<tr>
<td>OR</td>
<td></td>
<td>KIN/HLED Required &amp; Elective Courses ^</td>
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<tr>
<td>HLED 4016</td>
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<td>KIN/HLED Required &amp; Elective Courses ^</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>15</strong></td>
<td><strong>TOTAL</strong></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>

**TOTAL UW HOURS 59**

**TOTAL UW BS DEGREE HOURS 123**

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**UW College of Health Sciences Notes:**

Performance expectations for majors in the College of Health Sciences exceed institutional requirements. Please discuss with an academic advisor to understand the difference. • Admission to the clinical portion of Health Sciences majors is competitive and is not guaranteed even with minimum qualifications. Be prepared to meet and exceed expectations. • Background checks are required at some point within all Health Science majors and careers. Students should understand the long-term ramifications of all decisions and actions early on so as not to jeopardize future academic and career goals.

**Casper College Physical Education Notes:**

* Does not include the 0.33 credit hours for HLTK 1620 (AHA Heart Saver 1st Aid, CPR & AED).

**UW Kinesiology & Health Promotion Program Notes:**

• The Department of Kinesiology and Health Sciences requires 48 hours of upper division (3000- or 4000-level) credit for graduation with degrees in Kinesiology and Health Promotion and Physical Education Teaching.

^ **HLED and Kin Required and Elective Coursework.** Recommend taking eight to nine (8-9) hours if concurrently completing KIN 3010 (Fundamentals of Health & Fitness Assessment) and KIN 3021 (Physiology of Exercise); recommend 11-12 hours if not.

**HLED and KIN Required Coursework (19 hours)**

- HLED 3020 Community & Public Health Promotion (3 hrs)
- KIN 3010 Fundamentals of Health & Fitness Assessment (3 hrs)
- KIN 3021 Physiology of Exercise (4 hrs)
- KIN 3034 Lifespan Motor Development (3 hrs) **OR** KIN 4020 Motor Behavior (3 hrs) ^1
- KIN 3037 Sport Psychology (3 hrs) **OR** KIN 3038 Exercise Psychology (3 hrs) ^1
- KIN 3042 Biomechanics of Human Movement (3 hrs)

**HLED and KIN Elective Coursework (15 hours minimum)**

- HLED 4020 Food, Health and Justice (3 hrs)
- HLED 4025 Teaching Sensitive Issues in Human Sexuality (3 hrs)
- HLED 4130 Management of Coordinated School Health Program (3 hrs)

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Transfer Recommendations and Program Notes con't on page 3.
Kinesiology & Health Promotion, BS

University of Wyoming

UW Kinesiology & Health Sciences Program Notes con’t:

HLED and KIN Elective Coursework con’t (15 hours minimum)

KIN 3034 Lifespan Motor Development (3 hrs)
KIN 3037 Sport Psychology (3 hrs)
KIN 3038 Exercise Psychology (3 hrs)
KIN 3040 Teaching Human Anatomy (3 hrs) 2
KIN 3050 Prevention and Care of Injuries (3 hrs)
KIN 3052 Rehabilitation of Injuries (3 hrs)
KIN 3058 Therapeutic Modalities for the Athletic Trainer (3 hrs)
KIN 3060 Understanding Skill Acquisition for Teaching (3 hrs)
KIN 4020 Motor Behavior (3 hrs)
KIN 4024 Physical Activity Epidemiology (3 hrs)
KIN 4029 Methods of Training and Conditioning (3 hrs)
KIN 4042 Applied Biomechanics (3 hrs) 3
KIN 4056 Advanced Exercise Testing and Prescription (3 hrs) 4
KIN 4062 Concepts of Human Aging (3 hrs)
KIN 4090 Foundations of Coaching (3 hrs)
KIN 4097 Individual Problems: Mentoring in Human Anatomy (3 hrs)
KIN 4900 Topics In: Concepts in Physical Therapy (2 hrs)
KIN 4900 Topics In: Functional Movement Analysis (3 hrs)

1 One of two is required; the other course may be taken as an elective.
2 Elective - application and instructor permission required.
3 Prerequisite of KIN 3042 (Biomechanics of Human Movement).
4 Prerequisites of KIN 3010 (Fundamentals of Health & Fitness Assessment) and KIN 3021 (Physiology of Exercise).

** Six (6) credit hours of internship &/or research internship are required for the Kinesiology & Health Promotion major. Up to twelve (12) credit hours may be completed and applied toward the program of study. Internship credit hours may be split across terms (e.g., fall/spring/summer) or may be completed in a single semester if coursework scheduling allows.

Therapeutic Science Emphasis. For students pursuing a "therapeutic science" emphasis (e.g., medicine, physician assistant, PT, OT, optometry, chiropractic, etc.), 16 credit hours of additional science/math elective coursework offered outside the Division of Kinesiology & Health is typically required. Students should meet with their advisor and/or the College of Health Sciences pre-professional advisor to determine which elective science/math coursework is required/recommended. Elective coursework should be included in junior/senior program planning based on student needs and course availability. Some science courses are only offered one time per year (either fall or spring semester) so advance planning is recommended. Of the 16 additional science/math courses needed for students pursuing a therapeutic science emphasis, six to nine (6-9) credit hours may be applied as "elective courses" in the junior/senior year coursework.

Therapeutic Science Elective Courses (to be taken in the junior/senior years; these are prerequisite courses for some pre-health professional programs; please discuss with an academic advisor.)

CHEM 2420 Organic Chemistry I (4 hrs)  
CHEM 2440 Organic Chemistry II (4 hrs)  
LIFE 2022 Animal Biology (4 hrs)  
LIFE 3050 Genetics (4 hrs)  
MICR 2240 Medical Microbiology (4 hrs)  
MOLB 3610 Principles of Biochemistry (4 hrs)  
MOLB 4100 Clinical Biochemistry (4 hrs)  
MOLB 4600 Biochemistry I (3 hrs)  
PHYS 1120 General Physics II (4 hrs)  
PSYC 2300 Developmental Psychology (3 hrs)  
PSYC 3250 Health Psychology (3 hrs)  
ZOO 4125 Integrative Physiology (4 hrs)