### Pre-Optometry, AS
(Leading to UW Kinesiology & Health Promotion, BS)

<table>
<thead>
<tr>
<th></th>
<th>Fall Semester</th>
<th>Hrs</th>
<th>Spring Semester</th>
<th>Hrs</th>
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</thead>
<tbody>
<tr>
<td>BIOL 1010</td>
<td>General Biology I *</td>
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<td>General Biology II</td>
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<td>CHEM 1020</td>
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<td>CHEM 1000</td>
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### SOPHOMORE YEAR

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<tbody>
<tr>
<td>BIOL 2395</td>
<td>Biological Research (Capstone Course) *</td>
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<td><strong>TOTAL</strong></td>
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**TOTAL NWC 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.

**Northwest College requirements:**
To complete an AS degree, a minimum of 60 credit hours is required, although individual programs may have additional requirements.  •  Students must successfully complete core courses (denoted with an *) with a C- or better to meet program requirements.

**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.

**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.

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

### University of Wyoming

#### JUNIOR YEAR

<table>
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<td>KIN/HLED Required &amp; Elective Courses ^</td>
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<tr>
<td>KIN 3021  Physiology of Exercise</td>
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<td>KIN/HLED Required &amp; Elective Courses ^</td>
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#### SENIOR YEAR

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<td>KIN 4015 Internship †</td>
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<td>KIN 4015  Internship †</td>
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<td>OR HLED 4016 Research Internship †</td>
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<tr>
<td>KIN/HLED Required &amp; Elective Courses ^</td>
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<td>TOTAL UW BA HOURS</td>
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### UW Kinesiology & Health Sciences 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)
- KIN 3037 Sport Psychology (3 hrs) OR KIN 3038 Exercise Psychology (3 hrs)
- 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)
- 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)
- 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)

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:

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)
KIN 4056  Advanced Exercise Testing and Prescription (3 hrs)
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 sciences 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)  MOLB 4600  Biochemistry I (3 hrs)
CHEM 2440  Organic Chemistry II (4 hrs)  PHYS 1120  General Physics II (4 hrs)
LIFE 2022  Animal Biology (4 hrs)  PSYC 2300  Developmental Psychology (3 hrs)
LIFE 3050  Genetics (4 hrs)  PSYC 2300  Abnormal Psychology (3 hrs)
MICR 2240  Medical Microbiology (4 hrs)  PSYC 3250  Health Psychology (3 hrs)
MOLB 3610  Principles of Biochemistry (4 hrs)  ZOO 4125  Integrative Physiology (4 hrs)
MOLB 4100  Clinical Biochemistry (4 hrs)