

Kinesiology & Health Promotion Major: 4-Year Coursework Plan

This degree plan begins with MATH 1400 as the cornerstone class. Due to the importance of the math/science sequencing in the following semesters, a **Math course must be taken in the first fall semester** (exception: a student is able to test out of College Algebra through the UW Math Placement Exam or a nationally-recognized standardized test score).

Math Placement Exam link: <https://www.uwyo.edu/mathstats/math-placement/>



First Year: Suggested Course Schedule

Semester 1 (Fall)			Credits	Semester 2 (Spring)			Credits
PRIORITY				PRIORITY			
MATH	1400	College Algebra	3	LIFE	1010	General Biology	4
<i>or</i>	1405	Trigonometry (3 credits)		HLED	1006	Personal Health	3
<i>or</i>	1450	Algebra & Trigonometry (5 credits)					
RECOMMENDED				RECOMMENDED			
ENGL	1010	College Comp. & Rhet. (USP #1 of 5)	3	PSYC	1000	General Psychology	3
CHEM	1000	Introduction to Chemistry (PN)	4	USP	#3 of 5	Communication 2 or Human Culture	3
<i>or</i>	1020	General Chemistry I (PN)					
SU		Saddle Up Attendance	1				
FLEXIBLE				FLEXIBLE			
USP	#2 of 5	KHP or USP requirement	3	USP	#4 of 5	USP: US & WY Const or Hmn Culture	3
				<i>or</i>	Lower Division (any)		3
TOTAL			14	TOTAL			16

Second Year: Suggested Course Schedule

Semester 3 (Fall)			Credits	Semester 2 (Spring)			Credits
PRIORITY				PRIORITY			
KIN	2040	Human Anatomy	3	ZOO	3115	Human Systems Physiology	4
KIN	2041	Human Anatomy Lab	1				
RECOMMENDED				RECOMMENDED			
FCSC	1141	Principles of Nutrition	3	HLED	3020	Community & Public Health (KIN Core)	3
PHYS	1050	Concepts of Physics	4	STAT	2050	Fundamentals in Statistics (Q)	4
<i>or</i>	1110	General Physics I (4 credits)		<i>or</i>	2070	Intro to Statistics for Soc. Sci. (4 credits)	4
FLEXIBLE				FLEXIBLE			
USP	# 5 of 5	USP: US & WY Const or Hmn Culture	3	ELEC	Lower Division (any) approx. #2 of 7		3
ELEC		Lower Division (any) approx. #1 of 7	2				
TOTAL			16	TOTAL			14

Third Year: Suggested Course Schedule

Semester 5 (Fall)				Semester 6 (Spring)				
Credits			Credits			Credits		
PRIORITY				PRIORITY				
KIN	3021	Physiology of Exercise	3	KIN	3024	Fund. Of Health & Fitness Assess.	3	
KIN	3022	Physiology of Exercise Lab	1	KIN	3042	Biomechanics of Human Movement	3	
RECOMMENDED				RECOMMENDED				
KIN	3034	Lifespan Motor Devel. (or 4020 in Spr)	3	KIN	4020	Motor Behav.	3	
KIN	3037	Sport Psychology (one in Fall, or)	3	or	HLED/KIN	Upper Division Elective # 1 of 5 (3 cred)	4	
or	3038	Exercise Psychology (one in Spring)		ELECT	TBD	Lower Division (any) approx. #4 of 7		
USP		Communication 3 requirement	3			First Aid/CPR Certification	<input checked="" type="checkbox"/>	
ELECT	TBD	Lower Division (any) approx. #3 of 7	3			Criminal Background Check	<input checked="" type="checkbox"/>	
			TOTAL				TOTAL	16

Fourth Year: Suggested Course Schedule

Semester 7 (Fall)				Semester 8 (Spring)				
Credits			Credits			Credits		
PRIORITY				PRIORITY				
Follow Plan to Degree Completion				Outline final requirements for KHP degree				
RECOMMENDED				RECOMMENDED				
KIN	4015	Internship (or during Spring semester)	6	HLED/ KIN	Upper Division Elective (#4 of 5)	3		
or	4016	Research		HLED/ KIN	Upper Division Elective (#5 of 5)	3		
HLED/ KIN		Upper Division Elective (#2 of 5)	3	ELECT	TBD	Upper Division, if needed	1	
HLED/ KIN		Upper Division Elective (#3 of 5)	3	ELECT	TBD	Lower Division (any) approx. #6 of 7	4	
ELECT	TBD	Lower Division (any) approx. #5 of 7	4	ELECT	TBD	Lower Division (any) approx. #7 of 7	3	
			TOTAL				TOTAL	14

Degree Planning Notes

Transferred Credits:

Earned hours will count as credit hours towards degree.

Planning Notes:

Internships & Research opportunities are available year-round.

Possible Summer Coursework: