

Name: _____
ID: _____

K-STATE CORE (34 HOURS)

*K-State Core Course List: <https://www.k-state.edu/provost/kstate-core/>

English (6 hours)

ENGL 100 (3) Expos Writing I
ENGL 200 (3) Expos Writing II

Communications (3 hours) One of the following courses

COMM 106 (3) Public Speaking 1
COMM 109 (3) Public Speaking 1A, Honors

Math and Statistics (3 hours)

Math Pathway Course: STAT 225 Intro to Statistics

Natural and Physical Sciences (4-5 hours)

One Subject area only, must include a lab

Social Science (6 hours)

At least 2 courses in 2 subject areas

Arts and Humanities (6 hours)

At least 2 courses in 2 subject areas

Free Electives (6 hours)

Any 100 or 200 level courses may apply.

K-STATE CORE MET

University Degree Requirements

Please refer to the University Handbook (Section F121) for Kansas Board of Regents (KBOR) and university requirements that all undergraduate students must meet: <https://www.k-state.edu/provost/universityhb/fhsecf.html#undergraduatedegree requirement>

KINESIOLOGY

KINES

Bachelor of Science

PROGRAM REQUIREMENTS (69 HOURS)

*If any of the following courses are applied to K-State Core requirements, please consult your advisor on additional courses to meet the 120 hours.

HHS Courses (3 Hours)

HHS 100 (1) WB 1: You & Community
HHS 200 (1) WB 2: Mind & Body
HHS 300 (1) WB 3: Money & Meaning

>Major Support Courses (18 Hours)

>Grades of C or better required

BIOL 198 (4) Prin of Biology
BIOL 441 (4) Human Body I
AND
BIOL 442 (4) Human Body II

OR

KIN 360 (8) Anatomy & Physiology
PSYCH 110 (3) Gen Psychology
SOCIO 211 (3) Intro Sociology
STAT 225 (3) Intro to Statistics**

>Professional Courses (48 Hours)

Grades of 'C' or higher and GPA of 2.2 on KIN courses required

>Lower-Level Courses (18 Hours)

KIN 220 (4) Biobeh Bases/Phys Act
KIN 310 (4) Measur/Res/Kines
KIN 335 (4) Physiology/Exercise
KIN 336 (1) Phys Ex Lab
KIN 345 (5) Exercise Behav Sci

>Exercise Physiology (3 hours)

(Select one 3-hour course from the following.)

KIN 601 (3) Cardiorespiratory Physio
KIN 603 (3) Cardiovascular Phys
KIN 607 (3) Muscle Physiology
KIN 611 (3) Autonomic Neurophys

>Exercise Behavioral Science (3 hours)

(Select one 3-hour course from the following.)

KIN 600 (3) Interprsnl Aspct Phys Act
KIN 602 (3) Soc Str Determ Phys Act
KIN 610 (3) Program Plan/Eval
KIN 612 (3) Policy/Blt Env/Phys Act
KIN 616 (3) Obesity & Activity
KIN 655 (3) Indiv Phys Act

College of Health and Human Sciences

Kansas State University

CURRICULUM GUIDE

>Kinesiology Elective Courses Upper-Level (24 hours)

Select 24 credit hours of additional upper level (300-level or above) KIN courses. At least one elective must be at the 600-level or higher UG course.)

KIN		
KIN		
KIN		
KIN		
KIN		
KIN		
KIN		

UNRESTRICTED ELECTIVES(17 HOURS)

(Only 100-799 level undergraduate courses may be applied)

Additional URE available

>Grades of C or higher are required.

120 Hours Required for Graduation

Gr Chk _____ Initial _____ Fall 2025

*Please refer to the DARS audit for official application of credits.

**If not met through K-State Core requirements, STAT 225 is required