## General Requirements (46-49 Hours)

### Communications (8-9 Hours)
- **ENGL 100 (3)** Expository Writing I
- **ENGL 200 (3)** Expository Writing II
- **COMM 105 (2)** Public Speaking IA
- **COMM 106 (3)** Public Speaking I

### Social Science (9 Hours)
- **ECON 110 (3)** Principles of Macroeconomics
- **PSYCH 110 (3)** General Psychology
- **SOCIO 211 (3)** Intro to Sociology

### Humanities (6 Hours)
(Only courses of 3 credits or more will apply)
- __________
- __________

### Natural and Physical Sciences (16-17 Hours)
- **BIOL 198 (4)** Principles of Biology
- **BIOL 341 (4)** Human Body I
- **BIOL 342 (4)** Human Body II
- **KIN 360 (8)** Anatomy and Physiology

(Must complete one of the following courses)
- **BIOC 265 (5)** Intro. Organic & Biochemistry
- **CHM __ ( )**
  (Chemistry course w/ lab)
- **PHYS __ ( )**
  (Physics course w/ lab)

### Integrative Human Ecology Course (1 Hour)
- **GNHE 210 (1)** Foundations of Human Ecology

Up to half of the credits required for a four-year degree may be completed at an accredited two-year college*. Each student must complete at least 30 K-State resident credits to be considered for a degree from K-State. Further, the student must complete 20 of the last 30 hours of resident credit at K-State. A minimum of 45 hours must be at a course level of 300 or above.

*Maximum of 60 hours may be applied from a two-year college.

### Quantitative and Abstract Formal Reasoning (6-7 Hours)
- **MATH 100 (3)** College Algebra OR
- **MATH 150 (3)** Plane Trigonometry OR
- **MATH 220 (4)** Analytic Geometry and Calculus I OR
- **STAT 325 (3)** Introduction to Statistics OR
- **STAT 340 (3)** Biometrics I

### Unrestricted Electives (32-35 Hours)
(Only courses at the 100-799 level undergraduate courses may be applied. Course at the 300-level or higher must be taken for 2 or more credits)

### Kinesiology Core (39 Hours)

#### Lower Level Core Courses (18 hrs.)
- **KIN 220 (4)** Biobehavioral Bases of Physical Activ.
- **KIN 310 (4)** Measure & Research Techn. Kinesiology
- **KIN 335 (4)** Physiology of Exercise
- **KIN 336 (1)** Physiology of Exercise Lab
- **KIN 345 (5)** Exercise Behavioral Science

#### Kinesiology Upper Level Core (21 Hours)
(Select one 3-hour course from each of the following)

#### Exercise Physiology (3 hrs.)
(Select one 3-hour course from the following)
- **KIN 601 (3)** Cardiorespiratory Exercise Physiology
- **KIN 603 (3)** Cardiovascular Exercise Physiology
- **KIN 607 (3)** Muscle Exercise Physiology
- **KIN 611 (3)** Neurological Exercise Physiology

#### Exercise Behavioral Science (3 hrs.)
(Select one 3-hour course from the following)
- **KIN 602 (3)** Social Structural Determinants Phys Act.
- **KIN 610 (3)** Program Planning & Evaluation
- **KIN 612 (3)** Policy, Built Environ & Phys Activity
- **KIN 616 (3)** Obesity & Physical Activity: Beh. Env
- **KIN 655 (3)** Individual Physical Activity Promotion

#### Kinesiology Elective Courses 300-Level or Higher (15 hrs.)
(Select 12 credit hours of additional upper level KIN courses. At least one elective must be at the 600 level or higher UG course *)
- **KIN* __ (3)**

### K-State 8 Requirements Completed □

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**College of Health & Human Sciences**

**Department of Kinesiology**

**Kansas State University**

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**K-State 8 Requirements Completed**

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**Fall 2019 (rev. 5/28/19)**