<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 100</td>
<td>3</td>
<td>Expos Writing I</td>
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<tr>
<td>ENGL 200</td>
<td>3</td>
<td>Expos Writing II</td>
</tr>
<tr>
<td>COMM 105</td>
<td>2</td>
<td>Public Speaking IA or</td>
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<tr>
<td>COMM 106</td>
<td>3</td>
<td>Public Speaking I</td>
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<tr>
<td>ECON 110</td>
<td>3</td>
<td>Prin of Macroecon</td>
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<tr>
<td>PSYCH 110</td>
<td>3</td>
<td>Gen Psychology</td>
</tr>
<tr>
<td>SOCIO 211</td>
<td>3</td>
<td>Intro Sociology</td>
</tr>
<tr>
<td>HHS 101</td>
<td>0.5</td>
<td>Intro to Well-being</td>
</tr>
<tr>
<td>HHS 201</td>
<td>0.5</td>
<td>Commun Well-being</td>
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<tr>
<td>HHS 202</td>
<td>0.5</td>
<td>Social Well-being</td>
</tr>
<tr>
<td>HHS 203</td>
<td>0.5</td>
<td>Finan Well-being</td>
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<tr>
<td>HHS 204</td>
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<td>Phys Well-being</td>
</tr>
<tr>
<td>HHS 301</td>
<td>0.5</td>
<td>Career Well-being</td>
</tr>
</tbody>
</table>

**General Electives (30-33 hours)**

- **Communications (8-9 hours)**
  - ENGL 100 (3) Expos Writing I
  - ENGL 200 (3) Expos Writing II
- **Social Science (9 hours)**
  - ECON 110 (3) Prin of Macroecon
  - PSYCH 110 (3) Gen Psychology
  - SOCIO 211 (3) Intro Sociology
- **Humanities (6 hours)**
  - Only course of 3 credits or more will apply
- **Sciences (16-17 hours)**
  - BIOL 198 (4) Prin of Biology
  - BIOL 441 (4) Human Body I
  - OR
  - BIOL 442 (4) Human Body II
  - OR
  - KIN 360 (8) Anatomy & Physiology
- **Biological Sciences (5-6 hours)**
  - BIOCH 265 (5) Intro Org/Biochem
  - OR
  - CHM ( )
- **Quantitative Studies (6-7 hours)**
  - MATH 100 (3) College Algebra
  - OR
  - MATH 150 (3) Plane Trigonometry
  - OR
  - MATH 220 (4) Analy Geom/Calc I
  - OR
  - STAT 325 (3) Intro to Statistics
  - OR
  - STAT 340 (3) Biometrics I

**Kinesiology Lower Level Core Courses (18 hours)**

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

**Kinesiology Upper-Level Core Courses (21 hours)**

- KIN 601 (3) Cardiorespir Phy
- KIN 603 (3) Cardiovascular Phys
- KIN 607 (3) Muscle Physiology
- KIN 611 (3) Autonomic Neurophys

- 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

**Kinesiology Elective Courses 300-Level or higher (15 hours)**

- KIN* (3)
- KIN (3)
- KIN (3)
- KIN (3)
- KIN (3)

**K-State 8 Requirements Met**

- KIN
- OR
- MATH 100
- OR
- MATH 150
- OR
- MATH 220
- OR
- STAT 325
- OR
- STAT 340

**Notes:**
- College of Health and Human Sciences requires a "C" or higher in "Professional Studies" courses, and the K-State 8 requirements must be met.
- Up to half of the credits required for a four-year degree may be completed at an accredited two-year college.
- Maximum of 60 credits from a two-year institution.

**Gr Chk** Initial  

*Fall 2021*