

# BS in Kinesiology

## Program Codes:

20GF0351BS

## Degree Requirements

To earn a Bachelor of Science in Kinesiology degree from UIC, students need to complete university, college, and department degree requirements. The Department of Kinesiology and Nutrition degree requirements are outlined below. Students should consult the [College of Applied Health Sciences](#) section for additional degree requirements and college academic policies.

Code	Title	Hours
<b>Summary of Requirements</b>		
	University Writing Requirement	6
	General Education and Basic Sciences	35-36
	Required Major Courses/Kinesiology Core	53
	Experiential Learning	3
	Electives	22-23
<b>Total Hours</b>		<b>120</b>

## University Writing Requirement

Code	Title	Hours
<b>Required Courses</b>		
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
<b>Total Hours</b>		<b>6</b>

## General Education and Basic Sciences

Code	Title	Hours
<b>Required Courses</b>		
BIOS 110	Biology of Cells and Organisms <sup>a</sup>	4
KN 152	Introduction to Exercise Physiology and Health <sup>a</sup>	3
PSCH 100 or KN 150	Introduction to Psychology <sup>b</sup> The Healthy Human	3-4
MATH 121	Precalculus Mathematics	5
CHEM 101	Preparatory Chemistry	4
PHYS 131	Introductory Physics for Life Sciences I <sup>a</sup>	4
	Exploring World Cultures course <sup>c</sup>	3
	Understanding the Creative Arts course <sup>c</sup>	3
	Understanding the Past course <sup>c</sup>	3
	Understanding U.S. Society course <sup>c</sup>	3
<b>Total Hours</b>		<b>35-36</b>

a This course is approved for the Analyzing the Natural World General Education category.

b This course is approved for the Understanding the Individual and Society General Education category.

## Required Major Courses/Kinesiology Core

Code	Title	Hours
HN 196	Nutrition	3
KN 100	Kinesiology: First Year Seminar <sup>a</sup>	2
KN 136	Techniques and Principles of Exercise	3
KN 200	Statistical Methods	3
KN 237	Sport and Exercise Psychology	3
KN 243	Exercise Assessment	3
KN 245	Exercise Programming and Instruction	3
KN 230	Anatomy and Physiology Lecture I	3
KN 231	Anatomy and Physiology Lecture II	3
KN 232	Anatomy and Physiology Laboratory I	2
KN 233	Anatomy and Physiology Laboratory II	2
KN 261	Applied Musculoskeletal Anatomy	3
KN 336	Health Coaching	3
KN 352	Physiology of Exercise	4
KN 361	Movement Biomechanics	3
KN 362	Tissue Biomechanics	3
KN 372	Motor Control and Learning	3
KN 491	Professional Preparation	3
KN 495	Senior Seminar	1
<b>Total Hours</b>		<b>53</b>

a KN 100 is completed by both first-year and transfer students.

## Experiential Learning

Code	Title	Hours
<b>Requirements</b>		
	The Experiential Learning requirement is met through successful completion of 3 hours of KN 299, KN 393, KN 396 and KN 397, KN 398, KN 399, or KN 493.	3
<b>Total Hours</b>		<b>3</b>

## Electives

Code	Title	Hours
<b>Electives</b>		
	Select 22-23 hours of free electives. <sup>a</sup>	22-23
<b>Total Hours</b>		<b>22-23</b>

a Electives must include at least one 300-level and at least one 400-level Kinesiology course, excluding Experiential Learning classes (KN 299, KN 393, KN 396 and KN 397, KN 398, KN 399 or KN 493)

## Sample Course Schedule

Course	Title	Hours
<b>Freshman Year</b>		
<b>Fall Semester</b>		
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
KN 100	Kinesiology: First Year Seminar	2
CHEM 101	Preparatory Chemistry	4
MATH 121	Precalculus Mathematics	5
<b>Hours</b>		<b>14</b>

**Spring Semester**

ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
KN 136	Techniques and Principles of Exercise	3
KN 152	Introduction to Exercise Physiology and Health	3
BIOS 110	Biology of Cells and Organisms	4
KN 200	Statistical Methods	3
<b>Hours</b>		<b>16</b>

**Sophomore Year****Fall Semester**

HN 196	Nutrition	3
KN 230	Anatomy and Physiology Lecture I	3
KN 232	Anatomy and Physiology Laboratory I	2
KN 237	Sport and Exercise Psychology	3
General Education course		3
<b>Hours</b>		<b>14</b>

**Spring Semester**

KN 231	Anatomy and Physiology Lecture II	3
KN 233	Anatomy and Physiology Laboratory II	2
KN 243	Exercise Assessment	3
KN 261	Applied Musculoskeletal Anatomy	3
PSCH 100 or KN 150	Introduction to Psychology or The Healthy Human	3-4
<b>Hours</b>		<b>14-15</b>

**Junior Year****Fall Semester**

PHYS 131	Introductory Physics for Life Sciences I	4
KN 245	Exercise Programming and Instruction	3
KN 372	Motor Control and Learning	3
General Education course		3
Free Elective		3
<b>Hours</b>		<b>16</b>

**Spring Semester**

KN 352	Physiology of Exercise	4
KN 361	Movement Biomechanics	3
KN 491	Professional Preparation	3
Free Electives		5
<b>Hours</b>		<b>15</b>

**Senior Year****Fall Semester**

KN 362	Tissue Biomechanics	3
Kinesiology 400-level Elective		3
Free Elective		3
General Education course		3
General Education course		3
<b>Hours</b>		<b>15</b>

**Spring Semester**

KN 336	Health Coaching	3
KN 495	Senior Seminar	1
Kinesiology 400-level Elective		3
Free Elective(s)		5-6
Experiential Learning		3
<b>Hours</b>		<b>15-16</b>

<b>Total Hours</b>	<b>120</b>
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