

The recommended four-year plan is designed to provide a blueprint for students to complete their degrees within four years. These plans are the recommended sequences of courses. Students will work with their Academic Advisor to develop a more individualized plan to complete their degree.

The GC Journeys Program will transform your way of thinking and experiencing college. By participating in five inside and outside the classroom transformative experiences during your time at Georgia College, you will step outside of your usual surroundings, gain authentic experiences, solve problems, become a leader, participate in real-world settings and put ideas into action. Examples of ways to incorporate your GC Journeys options are shared in the plan below.

This recommended Four-Year Plan is applicable to students admitted during the 2020-2021 and 2021-2022 academic year.

Total Credits Required: 120 credits

Required GPA for Graduation: 2.0 institutional GPA (All major courses require a C or better)

Legend is available on the last page of this document.

Year 1										
Fall				Spring				Summer		
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring courseloads		
ENGL 1101	English Composition I	3	A	ENGL 1102	English Composition II	3	A	Notes		
Area A Math	Area A2 MATH Selection	3	A	Area C1	Humanities and Ethics	3	C	GC Journeys: First-Year Experience events, programs, and activities will be planned throughout the first year to help you become familiar with GC and develop skills to thrive in the liberal arts environment.		
Area D	CHEM 1151K	4	D & Cognate	Area D	Any BIOL class	4	D & Cognate			
GC1Y 1000	Critical Thinking	3	B	KINS 2200	Intro to Exercise Biochemistry	3	F			
KINS 0001	First Year Academic Seminar	1		Area E	Social Sciences Select - 1st of 3	3	E			
								GC Journeys: Career Milestones for year one will be completed in First-Year seminar.		
Total		14		Total		16				

ENGL 1101, ENGL 1102 and Area A MATH must be completed by 30 overall hours earned.

Year 2											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring courseloads			
HSCS 2813 or BIOL 2160	Anatomy of Human Movement or Anatomy & Physiology I	4	F	HSCS 2823 or BIOL 2170	Physiology of Human Movement or Anatomy & Physiology II	4	F	Notes			
KINS 2331	Medical Terminology	1	F	KINS 2210	Methods of Corrective Movement	3	F	GC Journeys: Many Core courses can be taken through Summer Study Abroad programs. The School of Health & Human Performance offers a study abroad to Belize. Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members			
Area C2	Fine Arts	3	C	KINS 3103	Structural Kinesiology	3	Major				
Area E	Social Sciences Select - 2nd of 3	3	E	MATH 1401	Elementary Statistics	3	D				
GC2Y 2000	Global Perspectives	4	B	PSYC 1101	Social Sciences Select - 3rd of 3	3	E				
Total		15		Total		16					
GC2Y 2000 should be completed in the second year.											
Year 3											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring courseloads			
KINS 2323	Nutrition	3	F	KINS 3104	Foundations of Therapeutic Medicine	3	Major	Notes			
KINS 3203	Physiology of Exercise	3	Major	KINS 3212	Practicum I	2	Major	GC Journeys: Elective courses can be used to participate in Georgia College's Leadership program or can be taken abroad. Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members. In Practicum I students will be required to meet with the Career Center.			
KINS 3262	Exercise Testing	3	Major	KINS 3233	Methods of Res. Training	2	Major				
KINS 3212	Practicum I	2	Major	KINS 3223	Biomechanics	3	Major				
PHYS 1111	Intro to Physics	3	Cognate	KINS 4813	Research Methods & Statistics	3	Major				
PHYS 1111L	Intro to Physics Lab	1	Cognate		Elective- <i>any level</i>	3					
Total		15		Total		16					
Meet with Clinical Coordinator for SHHP to determine internship before fall semester of senior year											

Year 4										
Fall				Spring				Summer		
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring courseloads		
KINS 3200	Exercise & Sports Nutrition	3	Major	KINS 4233	Clinical Exercise Physiology	3	Major	Notes GC Journeys: Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members. Internships are required and completed the last semester of your senior for class credit.		
KINS 4213	Essentials of Strength & Conditioning	3	Major	KINS 4206	Internship	6	Major			
PSYC 3200	Abnormal Psychology	3	Major		Elective- <i>any level</i>	4				
KINS 4104	Prevention & Emergency Care	3	Major							
KINS 4203	Exercise Prescription	3	Major							
Total		15		Total		13				

Legend	
Area	This section of the plan references the area of the curriculum the course fulfills.
	A=Core Area A: Communication and Quantitative Skills
	B=Core Area B: Institutional Options
	C=Core Area C: Humanities and Fine Arts
	D=Core Area D: Science, Technology, and Math
	E=Core Area E: Social Sciences
	F=Core Area F: Major Directed Core
	Major=Major Required Course
	Elective=a course a student chooses to help meet overall graduation hours.