

The recommended four-year plan is designed to provide a blueprint for students to complete their degrees within four years. These plans include the recommended sequences of courses. Individual plans will vary based on previously earned credit such as Dual Enrollment and AP credit as well as student's academic goals. Students will work with an 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.

All students will complete the First-Year Experience, Career Planning Milestones, and a Capstone course in your major. Students will choose two additional experiences from: Intensive Leadership Experiences, Mentored Undergraduate Research, Community-Based Engaged Learning, Internships, and Study Abroad/Study Away.

This recommended Four-Year Plan is applicable to students admitted during the 2022-2023 academic year.

Total Credits Required: 120 credits

Required GPA for Graduation: 2.5 (overall)

**Courses requiring a C or better are denoted with a star (\*). In addition, all KINS classes require a C or better to graduate.**

Legend is available on the last page of this document.

Year 1										
Fall					Spring					
Course	Title	Hours	Area	✓	Course	Title	Hours	Area	✓	
ENGL 1101*	English Composition I	3	A		ENGL 1102	English Composition II	3	A		
Area A Math	Area A2 MATH Selection	3	A		KINS 2200	Intro to Exercise Biochemistry	3	F		
Area D	CHEM 1151K*	4	D		Area D	Area D Science	4	D		
GC1Y 1000	Critical Thinking	3	B		Area C1	Humanities and Ethics	3	C		
KINS 0001	First Year Academic Seminar	1			Area E	Social Sciences Select - 1st of 3	3	E		
<b>Semester Hours</b>		<b>14</b>			<b>Semester Hours</b>		<b>16</b>			
<b>Summer</b>	Summer classes can be taken to lighten fall and spring course loads.									
<b>Notes:</b>	>Area A and GC1Y 1000 must be completed by 30 earned hours. >First-Year Seminar does not count toward 120 hours required for graduation. >CHEM 1151K is strongly recommended in Year 1. It is a pre-requisite to KINS 2200. >Recommended Area E courses include POLS 1150 and HIST 2111 or HIST 2112.									

Year 2										
Fall					Spring					
Course	Title	Hours	Area	✓	Course	Title	Hours	Area	✓	
HSCS 2813*	Anatomy of Human Movement	4	F		HSCS 2823*	Physiology of Human Movement	4	F		
KINS 2331	Medical Terminology	1	F		MATH 1401	Elementary Statistics	3	D		
KINS 2210	Methods of Corrective Movement	3	F		KINS 2323	Nutrition	3	F		
Area E	Social Sciences Select - 2nd of 3	3	E		Area C2	Fine Arts	3	C		
GC2Y 2000	Global Perspectives	4	B		Area E	Social Sciences Select - 3rd of 3	3	E		
<b>Semester Hours</b>		<b>15</b>			<b>Semester Hours</b>		<b>16</b>			
<b>Summer</b>	Summer classes can be taken to lighten fall and spring course loads.									
<b>Notes:</b>	>GC2Y 2000 must be taken between 30-59 earned hours. >MATH 1401 not required but strongly recommended for students planning to attend graduate school.									

Year 3										
Fall					Spring					
Course	Title	Hours	Area	✓	Course	Title	Hours	Area	✓	
KINS 3103	Structural Kinesiology	3	Major		KINS 4203	Exercise Prescription	3	Major		
KINS 3203	Physiology of Exercise	3	Major		KINS 3243	Exercise Leadership	2	Major		
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		
ELEC	Elective- <i>any level</i>	3			KINS 3200	Exercise & Sports Nutrition	3	Major		
					ELEC	Elective- <i>any level</i>	3			
<b>Semester Hours</b>		<b>14</b>			<b>Semester Hours</b>		<b>16</b>			
<b>Summer</b>	KINS 3205-Personal Training <b>*Only offered in Summer.</b>						<b>3</b>			
<b>Notes:</b>	Meet with Clinical Coordinator for SHHP to determine internship. Meet with Academic Advisor to complete graduation application. All legislative requirements must be completed one year (2 semesters) prior to beginning internship.									

Year 4										
Fall					Spring					
Course	Title	Hours	Area	✓	Course	Title	Hours	Area	✓	
KINS 4213	Essentials of Strength & Condition	3	Major		KINS 4206	Internship	12	Major		
KINS 4813	Research Methods & Statistics	3	Major		ELEC	Elective- <i>any level</i>	1			
KINS 4222	Practicum II	2	Major							
ELEC	Elective- <i>any level</i>	3								
ELEC	Elective- <i>any level</i>	3								
<b>Semester Hours</b>		<b>14</b>			<b>Semester Hours</b>		<b>13</b>			
<b>Summer</b>	Internship can be completed in summer if needed. Students will still participate in Spring commencement.									
<b>Notes:</b>	>Students can take no more than 15 hours while enrolled in the Internship. >Students must have a GPA of 2.5 or higher to participate in internship. >If enrolled in a face-to-face course during the completion of KINS 4206, students will be limited to a 50 mile radius of Georgia College for the selection of their clinical site.									

Legend	
<b>Area</b>	<b>This section of the plan references the area of the curriculum the course fulfills.</b>
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 (Elec)	Course(s) a student selects. Hours are needed to meet overall graduation hours. Number of electives varies per major. Electives can be used towards GC Journeys, minors, professional/graduate school pre-requisites or to take courses of interest.
Cognate	Cognate courses are required courses within a students curriculum. These courses are connected to the major but may be from other academic disciplines.