

This example plan is designed to provide a blueprint for students to complete their degrees within four years. It includes recommended sequences of courses. Individual plans will vary based on previously earned credit, such as Dual Enrollment and AP credit, as well as the student's academic goals. Students will work with an academic advisor to develop a more individualized plan to complete their degree.

This example four-year plan is applicable to students admitted during the 2023–24 academic year.

Total credits required: 120 credits

Required GPA for graduation: 2.0 (institutional), 2.5 (overall)

Courses requiring a C or better are denoted with an asterisk (\*).

Legend is available on the last page of this document.

Year 1							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 0001	First-Year Academic Seminar	1		ENGL 1102	English Composition II	3	A
ENGL 1101*	English Composition I (pre-req to ENGL 1102)	3	A	Core Area C	Humanities and Ethics (student's choice)	3	C
GC1Y 1000	Critical Thinking (pre-req to GC2Y 2000)	3	B	Core Area D	Math, Science, or Technology (student's choice, but see Notes)	4	D
Core Area A*	Math (student's choice) (pre-req to MATH 1401)	3	A	MATH 1401	Elementary Statistics (see Notes below)	3	D
Core Area D	Science with Lab (student's choice, but see Notes below)	4	D	Core Area E	Social Science (student's choice)	3	E
<b>Semester Hours</b>		<b>14</b>		<b>Semester Hours</b>		<b>16</b>	
<b>Notes:</b>	<p>MATH 1401 can be substituted by any other Core Area D Math, Science, or Technology course. However, MATH 1401 is strongly recommended for students planning to attend graduate school.</p> <p>Students who plan on taking BIOL 2251K and 2252K in Year 2 will need to take at least one of the following courses with lab to satisfy one of their Core Area D requirements: BIOL 1100/1100L, BIOL 1107/1107L, CHEM 1151K, or CHEM 1211K.</p> <p>Area A and GC1Y 1000 must be completed by 30 earned hours.</p> <p>First-Year Seminar is a graduation requirement and impacts a student's GPA; however, it does not count toward the minimum of 120 semester hours required for a degree.</p>						

Year 2							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
HSCS 2813* or BIOL 2251K*	Anatomy of Human Movement or Anatomy & Physiology I (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	4	F	HSCS 2823* or BIOL 2252K*	Physiology of Human Movement or Anatomy & Physiology II (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	4	F
KINS 2313*	Intro to Public Health (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	3	F	KINS 2323*	Nutrition (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	3	F
KINS 2331*	Medical Terminology (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	1	F	KINS 2333*	Epidemiology & Human Disease (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	3	F
GC2Y 2000	Global Perspectives	4	B	Core Area C	Fine Arts (student's choice)	3	C
Core Area E	Social Science (student's choice)	3	E	Core Area E	Social Science (student's choice)	3	E
<b>Semester Hours</b>		<b>15</b>		<b>Semester Hours</b>		<b>16</b>	
<b>Notes:</b>	GC2Y 2000 must be taken between 30–59 earned hours.						

Year 3							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 3353*	Environmental Health	3	Major	KINS 3323*	Substance Use and Abuse	3	Major
KINS 4323*	U.S. Women's Health and Social Issues	3	Major	KINS 3343*	Human Sexuality	3	Major
KINS 4353*	Global Public Health	3	Major	KINS 3363*	Determinants of Health Behavior	3	Major
KINS 3303*	Community Health	3	Major	KINS 4313*	Health Promotion Program Planning	3	Major
Gen Elective	Any general elective course	3	Elective	Gen Elective	Any general elective course	3	Major
<b>Semester Hours</b>		<b>15</b>		<b>Semester Hours</b>		<b>15</b>	
<b>Summer</b>	KINS 4333: Sex, Gender, and Sexology may be taken as a summer course in place of KINS 4323.						
<b>Notes:</b>	Students must meet with the Clinical Coordinator for SHHP to determine required internship before fall of Year 4. All legislative requirements must be completed one year (2 semesters) prior to beginning internship. General electives can be in any discipline and any level (1000–4999).						

Year 4							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 4363*	Public Health Policy and Systems	3	Major	KINS 4306*	Internship in Public Health	12	Major
KINS 4373*	Senior Seminar	3	Major	Gen Elective	Any general elective course	3	Elective
KINS 4813*	Research Methods and Statistics	3	Major				
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	3	Elective				
<b>Semester Hours</b>		<b>15</b>		<b>Semester Hours</b>		<b>15</b>	
<b>Notes:</b>	General electives can be in any discipline and any level (1000–4999).						

Legend	
<b>Area</b>	<b>This section of the plan references the area of the curriculum the course fulfills.</b>
A	Core Area A: Essential Skills
B	Core Area B: Institutional Options
C	Core Area C: Humanities, Ethics, and Fine Arts
D	Core Area D: Science, Technology, and Math
E	Core Area E: Social Sciences
F	Core Area F: Major Directed Core Requirements
Major	Public Health Major Requirements
Elective	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, or professional/graduate school pre-requisites, or to take courses of interest.