

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 2024–25 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		GC1Y 1000	Critical Thinking (student’s choice) (pre-req to GC2Y 2000)	3	Core
ENGL 1101*	English Composition I (pre-req to ENGL 1102)	3	Core	ENGL 1102	English Composition II	3	Core
Core Math*	Math (student’s choice) (pre-req to MATH 1401)	3	Core	Core STEM	Math, Science, or Technology (student’s choice)	4	Core
Core Humanities	Humanities and Ethics (student’s choice)	3	Core	MATH 1401	Elementary Statistics (see Notes below)	3	Core
Core Science	Science with Lab (student’s choice, but see Notes below)	4	Core	HIST 2111 or HIST 2112	The United States to 1877 or The United States Since 1877	3	Core
Total Semester Hours:		14		Total Semester Hours:		16	
Notes:	<p>MATH 1401 can be substituted by any other Core Technology, Mathematics, and Sciences 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 the accompanying lab to satisfy a Core Technology, Mathematics, and Sciences requirement: BIOL 1100/1100L, BIOL 1107/1107L, CHEM 1151K, or CHEM 1211K.</p> <p>ENGL 1101, ENGL 1102, Core Math, and GC1Y 1000 must be completed by 30 earned hours.</p> <p>First-Year Academic 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	Field	HSCS 2823* or BIOL 2252K*	Physiology of Human Movement or Anatomy & Physiology II (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	4	Field
KINS 2313*	Intro to Public Health (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	3	Field	KINS 2323*	Nutrition (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	3	Field
KINS 2331*	Medical Terminology (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	1	Field	KINS 2333*	Epidemiology & Human Disease (pre-req to KINS 3303, 3363, 4313, 4363, and 4373)	3	Field
POLS 1101	American Government	3	Core	Core Art	Fine Arts (student's choice)	3	Core
GC2Y 2000	Global Perspectives (student's choice)	4	Core	Core Social Science	Social Science (student's choice)	3	Core
Total Semester Hours:		15		Total Semester Hours:		16	
Notes:	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
Total Semester Hours:		15		Total Semester Hours:		15	
Summer	KINS 4333: Sex, Gender, and Sexology may be taken as a summer course in place of KINS 4323.						
Notes:	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				
Total Semester Hours:		15		Total Semester Hours:		15	
Notes:	General electives can be in any discipline and any level (1000–4999).						

Legend	
Area	This section of the plan references the area of the curriculum the course fulfills.
Core	Core IMPACTS — coursework required for every student regardless of major, which includes the following areas: Institutional Priority (GC1Y 1000 and GC2Y 2000); M athematics and Quantitative Skills; P olitical Science and U.S. History; A rts, Humanities, and Ethics; C ommunicating in Writing; T echnology, Mathematics, and Sciences; and S ocial Sciences.
Field	Core Field of Study courses, part of each major’s requirements. These courses prepare students for further study in their chosen major field. Field of Study courses are specific to each major program.
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.