

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
CHEM 1211K*	Principles of Chemistry I & Lab (pre-req to KINS 2200, BIOL 2251K, and BIOL 2260K)	4	Core + Cognate	KINS 2200*	Intro to Exercise Biochemistry (pre-req to KINS 3200 and 3203)	3	Field
HIST 2111 or HIST 2112	The United States to 1877 or The United States Since 1877	3	Core	KINS 2331*	Medical Terminology	1	Field
Core Humanities	Humanities and Ethics (student's choice)	3	Core	Core Math	Math (student's choice)	3	Core
				POLS 1101	American Government	3	Core
<b>Total Semester Hours:</b>		<b>14</b>		<b>Total Semester Hours:</b>		<b>16</b>	
<b>Summer</b>	Summer classes can be taken to lighten fall and spring course loads.						
<b>Notes:</b>	CHEM 1211K is strongly recommended, but CHEM 1151K may substitute with department approval if CHEM 1211K will not be needed for graduate school. ENGL 1101, ENGL 1102, Core Math, and GC1Y 1000 must be completed by 30 earned hours. 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.						

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 3103, 3104, 3203, 3212, 3223, 3262, 4104, & 4203)	4	Field	HSCS 2823* or BIOL 2252K*	Physiology of Human Movement or Anatomy & Physiology II (pre-req to KINS 3203, 3212, 3223, 3233, 3262, and 4203)	4	Field
KINS 2210*	Methods of Correct Movement (pre-req to KINS 3233)	3	Field	KINS 3103*	Structural Kinesiology (pre-req to KINS 3223 and 3233)	3	Field
KINS 2323*	Nutrition (pre-req to KINS 3200)	3	Field	PSYC 1101*	Intro to General Psychology (pre-req to PSYC 3200)	3	Core
GC2Y 2000	Global Perspectives (student's choice)	4	Core	Core Arts	Fine Arts (student's choice)	3	Core
				Gen Elective	Any general elective course	3	Elective
Total Semester Hours:		14		Total Semester Hours:		16	
Notes:	GC2Y 2000 must be taken between 30–59 earned hours. General electives can be in any discipline and any level (1000–4999).						

Year 3							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 3203*	Physiology of Exercise (co-req to KINS 3262; pre-req to KINS 4213)	3	Major	KINS 3104*	Foundations of Therapeutic Medicine (pre-req to KINS 4104)	3	Conc
KINS 3262*	Exercise Testing (pre-req to KINS 4203 and 4222)	3	Major	KINS 3233*	Methods of Resistance Training (pre-req to KINS 4213)	2	Major
KINS 3212*	Practicum I (pre-req to KINS 4222)	2	Conc	KINS 3223*	Biomechanics (pre-req to KINS 4213)	3	Major
PHYS 1111* PHYS 1111L*	Intro to Physics & Lab	4	Core + Cognate	KINS 4813*	Research Methods and Statistics (pre-req to PSYC 3200)	3	Major
Gen Elective	Any general elective course	3	Elective	BIOL 1107* + BIOL 1107L* or BIOL 2260K*	Principles of Biology I & Lab or Foundations of Microbiology	4	Core + Cognate
Total Semester Hours:		15		Total Semester Hours:		15	
Notes:	Students must meet with the Clinical Coordinator for the School of Health & Human Performance to determine required internship before fall of Year 4. 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 3200*	Exercise and Sports Nutrition	3	Major	KINS 4206*	Internship in Exercise Science	6	Conc
KINS 4213*	Essentials of Strength and Conditioning	3	Conc	KINS 4233*	Clinical Exercise Physiology	3	Conc
KINS 4104*	Prevention and Emergency Concepts in Healthcare	3	Conc	PSYC 3200*	Abnormal Psychology	3	Conc
KINS 4203*	Exercise Prescription (pre-req to KINS 4233)	3	Major	Gen Elective	Any general elective course	3	Elective
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	1	Elective				
Total Semester Hours:		16		Total Semester Hours:		15	
Summer	Internship can be completed in summer if needed. Students completing a summer internship will still be eligible to participate in spring commencement.						
Notes:	KINS 4104 must be taken in the fall of Year 4. Students cannot take more than 15 credit hours while enrolled in an internship. If enrolled in an in-person course while completing KINS 4206, students will be limited to clinical sites within a 50-mile radius of Georgia College. 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>
Core	Core IMPACTS — coursework required for every student regardless of major, which includes the following areas: Institutional Priority (GC1Y 1000 and GC2Y 2000); <b>M</b> athematics and Quantitative Skills; <b>P</b> olitical Science and U.S. History; <b>A</b> rts, Humanities, and Ethics; <b>C</b> ommunicating in Writing; <b>T</b> echnology, Mathematics, and Sciences; and <b>S</b> 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	Exercise Science Major Common Core
Conc	Sports Medicine Concentration courses
Cognate	Cognate courses are required courses within a student's curriculum. These courses are connected to the major but may be from other academic disciplines.
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.