



2018 - 2019 Major Map


Kinesiology, BS





School/College: College of Health Solutions
NUKINBS


The BS/MS accelerated option for this program is not currently available to ASU Online students.





Term 1 0 - 14 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 KIN 101: Introduction to Kinesiology	3	B-	<ul style="list-style-type: none"> An SAT, ACT, Accuplacer, IELTS or TOEFL score determines placement into first-year composition courses ASU Mathematics Placement Assessment score determines placement in mathematics course ASU 101 or college-specific equivalent First-Year Seminar required of all freshman students If student did not test into MAT 170, then take MAT 117 as the elective in term 1. Join a student club or professional organization.
Health & Well-Being	3	C	
CHS 101: The ASU Experience for Health Solutions Students	1		
BIO 181: General Biology I (SQ)	4	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
Term hours subtotal:	14		





Term 2 14 - 31 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 CHM 113: General Chemistry I (SQ)	4	C
 MAT 170: Precalculus (MA)	3	C
 PSY 101: Introduction to Psychology (SB)	3	C
BIO 182: General Biology II (SG)	4	C
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).		
Term hours subtotal:	17	





Term 3 31 - 45 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 BIO 201: Human Anatomy and Physiology I (SG)	4	C	<ul style="list-style-type: none"> Secure a part-time job or volunteer experiences.
 CHM 116: General Chemistry II (SQ)	4	C	
 PSY 230: Introduction to Statistics (CS) OR STP 226: Elements of Statistics (CS)	3	C	
Humanities, Arts and Design (HU) AND Global Awareness (G)	3		1) Employment 2) VolunteerMatch
 Complete First-Year Composition requirement.			

Term hours subtotal: 14

Term 4 45 - 59 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 BIO 202: Human Anatomy and Physiology II (SG)	4	C	<ul style="list-style-type: none"> • Explore an internship. • KIN 290 meets the college's Health Informatics & Problem Solving competency
 KIN 290: Introduction to Evidence-Based Practice (L)	3	C	
 PHY 111: General Physics (SQ) AND PHY 113: General Physics Laboratory (SQ)	4	C	
Health Communication	3	C	
Term hours subtotal:		14	

Term 5 59 - 75 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
 KIN 345: Motor and Developmental Learning	3	C	<ul style="list-style-type: none"> • Develop professional online presence.
 KIN 352: Psychosocial Aspects of Physical Activity (SB & C)	3	C	
PHY 112: General Physics (SQ) AND PHY 114: General Physics Laboratory (SQ) OR MIC 205: Microbiology (SG) AND MIC 206: Microbiology Laboratory (SG) OR CHM 233: General Organic Chemistry I AND CHM 237: General Organic Chemistry Laboratory I	4	C	
Elective	3		
Teamwork & Leadership in Health	3	C	
Term hours subtotal:		16	

Term 6 75 - 90 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
 KIN 335: Biomechanics	3	C	<ul style="list-style-type: none"> • Gather professional references.
 KIN 340: Physiology of Exercise	3	C	
KIN Upper Division Elective	3	C	
Humanities, Arts and Design (HU) AND Historical Awareness (H)	3		
Elective	3		
 Complete Cultural Diversity in the U.S. (C) AND Global Awareness (G) AND Historical Awareness (H) course(s).			
Term hours subtotal:		15	

Term 7 90 - 105 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
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★ KIN 334: Functional Anatomy and Kinesiology	3	C
PSY 366: Abnormal Psychology (SB)	3	C
KIN course (L) Upper Division	3	C
<i>Complete 2 courses:</i> KIN Upper Division Elective	6	C
Term hours subtotal:	15	

Term 8 105 - 120 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ <i>Complete 3 courses:</i> KIN Upper Division Elective	9	C
<i>Complete 2 courses:</i> Upper Division Elective	6	
Term hours subtotal:	15	

- All undergraduate students pursuing a BS degree in the College of Health Solutions must complete one course in each of four competency areas: Health & Well-Being, Health Communication, Health Informatics & Problem Solving, and Teamwork & Leadership in Health. No course may be used to fill more than one competency area for a student. For purposes of graduation, the only courses that will satisfy the Health & Well-Being category are CHS 100 and (for transfer students with more than 45 hours) CHS 300.

Hide Course List(s)/Track Group(s)

Health Communication	Upper Division KIN Elective	Health & Well-Being
EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C)	EXW 316: Physiological Foundations of Movement Laboratory	CHS 100: Foundations of Health & Well-Being (SB)
EXW 452: Health Advocacy in Health Education	KIN 412: Biomechanics of the Skeletal System	CHS 300: The Science of Happiness
HCD 210: Cultural Aspects of Health (C)	KIN 413: Qualitative Analysis in Sport Biomechanics	
HCD 310: Health Communication	KIN 414: Electromyographic Kinesiology (L)	
NTR 351: Nutrition Communication (L)	KIN 415: Theory of Corrective Exercise	
	KIN 418: Experimental Neuromechanics	
	KIN 421: Human Motor Control (L)	
	KIN 422: Motor Control in Special Populations (L)	
	KIN 423: Motor Control and Aging (L)	
	KIN 440: Exercise Biochemistry	
	KIN 441: Physiology of Women in Sport (L)	
	KIN 442: Fuel Metabolism	
	KIN 443: Exercise Endocrinology (L)	

KIN 444: Metabolic Adaptations to
Exercise Training

KIN 445: Exercise Physiology for Children
and Adolescents

KIN 446: Pediatric Obesity

KIN 447: ECG Interpretation

KIN 450: Biopsychosocial Perspectives
on Physical Activity and Health

KIN 452: Exercise Psychology (SB)

KIN 454: Motivational Theory in Exercise
and Health

KIN 460: Theory of Strength Training (L)

KIN 484: Internship

KIN 492: Research

KIN 493: Honors Thesis (L)

KIN 494: Advanced Exercise Physiology

KIN 494: Cardiovascular Exercise
Physiology

KIN 494: Functional Anatomy of Low
Back Pain

KIN 494: Muscle Physiology

KIN 494: Neural Aspects of Movement
and Rehabilitation

KIN 494: Undergraduate Research

KIN 499: Individualized Instruction

Teamwork & Leadership in Health

EXW 320: Management and Leadership
in Exercise and Wellness

EXW 466: Health Promotion Program
Management and Administration

Total Hours: 120

Upper Division Hours: 45 minimum

Major GPA: 3.00 minimum

Cumulative GPA: 2.00 minimum

Total hrs at ASU: 30 minimum

Hrs Resident Credit for

Academic Recognition: 56 minimum

Total Community College Hrs: 64 maximum

General University Requirements Legend

General Studies Core Requirements:

- Literacy and Critical Inquiry (L)
- Mathematical Studies (MA)
- Computer/Statistics/Quantitative Applications (CS)
- Humanities, Arts and Design (HU)
- Social-Behavioral Sciences (SB)
- Natural Science - Quantitative (SQ)
- Natural Science - General (SG)

General Studies Awareness Requirements:

- Cultural Diversity in the U.S. (C)
- Global Awareness (G)
- Historical Awareness (H)

First-Year Composition

General Studies designations listed next to courses on the major map were valid for the 2018 - 2019 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.