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 **Kinesiology (KINE) 2020-2021**

 **Bachelor of Science Degree in Kinesiology**

 *To schedule an advising appointment: [kinesiology.gmu.edu/kinesiology/advising](https://kinesiology.gmu.edu/kinesiology/advising)*

## Mason Core, 38 credits: For current list of approved courses: [catalog.gmu.edu/mason-core/](http://catalog.gmu.edu/mason-core/)

* + Written Communication - 3 Credits **(ENGH 101**C**)**
	+ Written Communication - 3 Credits **(ENGH 302**C**)**
	+ Oral Communication - 3 credits
	+ Information Technology - 3 Credits
	+ Quantitative Reasoning - 3 Credits **(STAT 250**C**)**
	+ Literature - 3 Credits
	+ Arts - 3 Credits
	+ Western Civilization - 3 Credits
	+ Social and Behavioral Sciences - 3 Credits
	+ Global Understanding - 3 Credits
	+ Natural Science - 8 Credits **(BIOL 124**C **&125**C**)**

## Professional Sequence, 68 credits: (must maintain GPA of 2.5 and a C or better)

* + ATEP 120: First Aid & Emergency Care
	+ ATEP 300: Functional Anatomy
	+ HEAL 110: Personal Health
	+ KINE 100: Introduction to Kinesiology
	+ KINE 200: Exercise Instruction
	+ KINE 310: Exercise Physiology I
	+ KINE 320: Principles of Human Nutrition
	+ KINE 330: Seminar in Kinesiology
	+ KINE 341: Kinesiology Internship I
	+ KINE 350: Exercise Prescription & Program
	+ KINE 360: Strength Trng:Concepts & Applns
	+ KINE 370: Exercise Testing and Evaluation
	+ KINE 380: Exercise Presc & Prog Spe Popu
	+ KINE 400: Biomechanics (offered Fall only)
	+ KINE 410: Exercise Physiology II
	+ KINE 420: Sport and Exercise Nutrition
	+ KINE 441: Kinesiology Internship II
	+ KINE 450: Research Methods
	+ KINE 490: Kinesiology Internship III
	+ SPMT 320: Psychology of Sport
* **Electives, 14 credits(Suggested KINE 311)**

 **Total**: **120 Credits**

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| **Semester** | **Course** | **Credits** | **Prerequisites** | **Campus\*** |
| 1st Year Fall | BIOL 124 Human Anatomy & Physiology | 4 |  | PW/FX |
| HEAL 110 Personal Health | 3 |  | Net/FX |
| KINE 100 Introduction to Kinesiology | 3 |  | FX-Hybrid |
| 1st Year Spring | ATEP 300 Functional Anatomy | 3 | *BIOL 124C* | PW |
| BIOL 125 Human Anatomy & Physiology | 4 | *BIOL 124C* | PW/FX |
| 2nd Year Fall | KINE 320 Principles of Human Nutrition | 3 |  | FX/Net |
| KINE 310 Exercise Physiology I  | 3 | *BIOL 124C, BIOL 125C* | PW |
| 2nd Year Spring | KINE 200 Exercise Instruction | 3 | *BIOL 124C, BIOL 125C, KINE 310C, ATEP 300C* | PW |
| KINE 370 Exercise Testing and Evaluation | 3 | *BIOL 124C, BIOL 125C, KINE 310C, ATEP 300C* | PW/FX |
| SPMT 320 Psychology of Sport  | 3 |  | FX |
| 3rd Year Fall | KINE 330 Seminar in Kinesiology | 3 | *KINE 100C, 200C, 370C* | PW |
| KINE 350 Exercise Prescription and Programming  | 3 | *KINE 200C, 310C, 370C, ATEP 300C* | PW |
| ATEP 120 First Aid & Emergency Care  | 2 |  | PW-Hybrid |
| 3rd Year Spring | KINE 341 Kinesiology Internship I | 3 | *KINE 200C, 310C, 330C, 350C, 370C, Current CPR/AED/First Aid* | Net |
| KINE 360 Strength Training: Concepts & Applic. | 3 | *BIOL 124 C , BIOL 125 C, ATEP 300C, KINE 310C* | PW |
| KINE 380 Exercise Prescript & Prog for Spec Pop | 3 | *KINE 310 C, 330C, 350C, 200 C, 370 C* | PW |
| STAT 250 Introductory Statistics I | 3 |  | Net/FX |
| 4th Year Fall | KINE 400 Biomechanics (offered Fall only) | 3 | *BIOL 124 C , BIOL 125 C, ATEP 300C, KINE 360C* | PW |
| KINE 410 Exercise Physiology II | 3 | *BIOL 124 C , BIOL 125 C, KINE 310C* | PW |
| KINE 420 Sport and Exercise Nutrition | 3 | *KINE 310C, 320C* | Net |
| KINE 441 Kinesiology Internship II | 3 | *KINE 341C, 380C, KINE 360 C Current CPR/AED/First Aid* | Net |
| KINE 450 Research Methods (Writing Intensive) | 3 | *STAT 250C, junior or senior standing* | PW/Net |
| 4th Year Spring | KINE 490 Kinesiology Internship III - Capstone | 12 | *KINE 330C, 341C,400C,410C,420C,441C, Current CPR/AED/First Aid* | OCL |

**Suggested Academic Plan (to be supplemented by Mason Core and Electives)**

**\*All campus locations are subject to change. Classes listed as PW are located on the Science and Technology Campus (SciTech)**

**Academic Requirements:** 120 total credits; 45 upper level credit hours; 30 hour GMU residency requirement; completion of Mason Core courses; GPA of at least 2.5 and a C or better in BIOL 124 and 125, STAT 250, and *all* professional sequence courses.

**Professional Certification Exam Requirement:** attempt either the American College of Sports Medicine (ACSM)-Certified Exercise Physiologist (EP-C) *or* the National Strength and Conditioning Association (NSCA)-Certified Strength and Conditioning Specialist (CSCS). NSCA exam discount code: ERPGMU17

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 **Suggested Transfer Academic Plan:**

* Assumes completion of BIOL 124, 125, and STAT 250 with a C or better, *all* Mason Core [except ENGH 302].
* If 14 credits of electives have not been acquired, they must supplement this plan.
* Must maintain GPA of at least 2.5 and a C or better in *all* professional sequence courses**.**

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| --- | --- | --- | --- | --- |
| **Semester** | **Course** | **Credits** | **Prerequisites** | **Campus\*** |
| 1st Year Fall | ATEP 300 Functional Anatomy | 3 | *BIOL 124C* | PW |
| HEAL 110 Personal Health | 3 |  | Net/FX |
| KINE 100 Introduction to Kinesiology | 3 |  | FX-Hybrid |
| KINE 310 Exercise Physiology I | 3 | *BIOL 124C, BIOL 125C* | PW |
| ENGH 302 Advanced Composition | 3 | *Lower level ENGH C* | FX/Net |
| 1st Year Spring | ATEP 120 First Aid & Emergency Care | 2 |  | PW-Hybrid |
| KINE 200 Exercise Instruction | 3 | *BIOL 124C, BIOL 125C, KINE 310C, ATEP 300C* | PW |
| KINE 320 Principles of Human Nutrition | 3 |  | Net |
| KINE 360 Strength Training: Concepts & Applic. | 3 | *BIOL 124 C , BIOL 125 C, ATEP 300C, KINE 310C* | PW |
| KINE 370 Exercise Testing and Evaluation | 3 | *BIOL 124C, BIOL 125C, KINE 310C, ATEP 300C* | PW/FX |
| 1st Year Summer | KINE 330 Seminar in Kinesiology | 3 | *KINE 100C, 200C, 370C* | PW |
| KINE 350 Exerc. Prescription and Programming | 3 | *KINE 200C, 310C, 370C, ATEP 300C* | PW |
| 2nd Year Fall | KINE 341 Kinesiology Internship I | 3 | *KINE 200C, 310C, 330C, 350C, 370C, Current CPR/AED/First Aid* | Net |
| KINE 380 Exerc. Prescript and Prog for Spec Pop | 3 | *KINE 310 C, 330C, 350C, 200 C, 370 C* | PW |
| KINE 400 Biomechanics (offered Fall only) | 3 | *BIOL 124 C , BIOL 125 C, ATEP 300C, KINE 360C* | PW |
| SPMT 320 Psychology of Sport | 3 |  | FX |
| 2nd Year Spring | KINE 410 Exercise Physiology II | 3 | *BIOL 124 C , BIOL 125 C, KINE 310C* | PW |
| KINE 420 Sport and Exercise Nutrition | 3 | *KINE 310C, 320C* | Net |
| KINE 441 Kinesiology Internship II | 3 | *KINE 341C, 380C, KINE 360 C Current CPR/AED/First Aid* | Net |
| KINE 450 Research Methods(Writing Intensive) | 3 | *STAT 250C, junior or senior standing* | PW |
| 2nd Year Summer | KINE 490 Kinesiology Internship III - Capstone | 12 | *KINE 330C, 341C,400C,410C,420C,441C, Current CPR/AED/First Aid* | OCL |

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**KINE Advising Questions**

<https://kinesiology.gmu.edu/kinesiology/advising>

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