

Kinesiology (KINE) 2021-2022

Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: kinesiology.gmu.edu/kinesiology/advising



School of Kinesiology

❖ **Mason Core, 38 credits:** For current list of approved courses: 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** or **EDRS 220^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**)**
- **BIOL 124 and BIOL 125 are part of Natural Science requirement but does NOT meet Mason Core Requirement.

❖ **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

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)

Semester	Course	Credits	Prerequisites	Campus*
1 st 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
1 st Year Spring	ATEP 300 Functional Anatomy	3	BIOL 124 ^C	PW
	BIOL 125 Human Anatomy & Physiology	4	BIOL 124 ^C	PW/FX
2 nd Year Fall	KINE 320 Principles of Human Nutrition	3		Net
	KINE 310 Exercise Physiology I	3	BIOL 124 ^C , BIOL 125 ^C	PW
2 nd Year Spring	KINE 200 Exercise Instruction	3	BIOL 124 ^C , BIOL 125 ^C , KINE 310 ^C , ATEP 300 ^C	FX/PW
	KINE 370 Exercise Testing and Evaluation	3	BIOL 124 ^C , BIOL 125 ^C , KINE 310 ^C , ATEP 300 ^C	PW/FX
	SPMT 320 Psychology of Sport	3		FX
3 rd Year Fall	KINE 330 Seminar in Kinesiology	3	KINE 100 ^C , 200 ^C , 370 ^C	PW/FX
	KINE 350 Exercise Prescription and Programming	3	KINE 200 ^C , 310 ^C , 370 ^C , ATEP 300 ^C	PW
	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
3 rd Year Spring	KINE 341 Kinesiology Internship I	3	KINE 200 ^C , 310 ^C , 330 ^C , 350 ^C , 370 ^C , Current CPR/AED/First Aid	PW/FX
	KINE 360 Strength Training: Concepts & Applic.	3	BIOL 124 ^C , BIOL 125 ^C , ATEP 300 ^C , KINE 310 ^C	PW
	KINE 380 Exercise Prescript & Prog for Spec Pop	3	KINE 310 ^C , 330 ^C , 350 ^C , 200 ^C , 370 ^C	PW
	EDRS 220 or STAT 250	3		Net/FX
4 th Year Fall	KINE 400 Biomechanics	3	BIOL 124 ^C , BIOL 125 ^C , ATEP 300 ^C , KINE 360 ^C	PW
	KINE 410 Exercise Physiology II	3	BIOL 124 ^C , BIOL 125 ^C , KINE 310 ^C	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310 ^C , 320 ^C	Net
	KINE 441 Kinesiology Internship II	3	KINE 341 ^C , 380 ^C , KINE 360 ^C Current CPR/AED/First Aid	PW/FX
	KINE 450 Research Methods (Writing Intensive)	3	ENGH 302, STAT 250 ^C , or EDRS 220 ^C or SOCI 313 ^C junior or senior standing	PW/Net
4 th Year Spring	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330 ^C , 341 ^C , 400 ^C , 410 ^C , 420 ^C , 441 ^C , Current CPR/AED/First Aid	OCL

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, EDRS 220 or 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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1 st Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124 ^C	PW
	HEAL 110 Personal Health	3		Net/FX
	KINE 100 Introduction to Kinesiology	3		FX-Hybrid
	KINE 310 Exercise Physiology I	3	BIOL 124 ^C , BIOL 125 ^C	PW
	ENGH 302 Advanced Composition	3	Lower level ENGH ^C	FX/Net
1 st Year Spring	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
	KINE 200 Exercise Instruction	3	BIOL 124 ^C , BIOL 125 ^C , KINE 310 ^C , ATEP 300 ^C	PW/FX
	KINE 320 Principles of Human Nutrition	3		Net
	KINE 360 Strength Training: Concepts & Applic.	3	BIOL 124 ^C , BIOL 125 ^C , ATEP 300 ^C , KINE 310 ^C	PW
	KINE 370 Exercise Testing and Evaluation	3	BIOL 124 ^C , BIOL 125 ^C , KINE 310 ^C , ATEP 300 ^C	PW/FX
1 st Year Summer	KINE 330 Seminar in Kinesiology	3	KINE 100 ^C , 200 ^C , 370 ^C	PW/FX
	KINE 350 Exerc. Prescription and Programming	3	KINE 200 ^C , 310 ^C , 370 ^C , ATEP 300 ^C	PW
2 nd Year Fall	KINE 341 Kinesiology Internship I	3	KINE 200 ^C , 310 ^C , 330 ^C , 350 ^C , 370 ^C , Current CPR/AED/First Aid	PW/FX
	KINE 380 Exerc. Prescript and Prog for Spec Pop	3	KINE 310 ^C , 330 ^C , 350 ^C , 200 ^C , 370 ^C	PW
	KINE 400 Biomechanics	3	BIOL 124 ^C , BIOL 125 ^C , ATEP 300 ^C , KINE 360 ^C	PW
	SPMT 320 Psychology of Sport	3		FX
2 nd Year Spring	KINE 410 Exercise Physiology II	3	BIOL 124 ^C , BIOL 125 ^C , KINE 310 ^C	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310 ^C , 320 ^C	Net
	KINE 441 Kinesiology Internship II	3	KINE 341 ^C , 380 ^C , KINE 360 ^C Current CPR/AED/First Aid	PW/FX
	KINE 450 Research Methods(Writing Intensive)	3	ENGH 302, STAT 250 ^C , or EDRS 220 ^C or SOCI 313 ^C junior or senior standing	PW
2 nd Year Summer	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330 ^C , 341 ^C , 400 ^C , 410 ^C , 420 ^C , 441 ^C , Current CPR/AED/First Aid	OCL

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KINE Advising Questions

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

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