

# Kinesiology (KINE) 2022-2023

## Bachelor of Science Degree in Kinesiology

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



School of Kinesiology

❖ **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<sup>C</sup>**)
  - Written Communication - 3 Credits (**ENGH 302<sup>C</sup>**)
  - Oral Communication - 3 credits
  - Information Technology - 3 Credits
  - Quantitative Reasoning - 3 Credits (**STAT 250<sup>C</sup>** or **EDRS 220<sup>C</sup>**)
  - 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<sup>C</sup>** & **125<sup>C</sup>**)\*\*
- \*\*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 Spec Pop
- KINE 400: Biomechanics
- 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 OR KINE 260: Behavior Mod for Phys Act

❖ **Electives, 14 credits**

**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 <sup>st</sup> 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 <sup>st</sup> Year Spring	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>C</sup>	PW
	BIOL 125 Human Anatomy & Physiology	4	BIOL 124 <sup>C</sup>	PW/FX
2 <sup>nd</sup> Year Fall	KINE 320 Principles of Human Nutrition	3		Net
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>	PW
2 <sup>nd</sup> Year Spring	KINE 200 Exercise Instruction	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	FX/PW
	KINE 370 Exercise Testing and Evaluation	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW/FX
	SPMT 320 or KINE 260	3		FX
3 <sup>rd</sup> Year Fall	KINE 330 Seminar in Kinesiology	3	KINE 100 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW/FX
	KINE 350 Exercise Prescription and Programming	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 370 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW
	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
3 <sup>rd</sup> Year Spring	KINE 341 Kinesiology Internship I	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 370 <sup>C</sup> , Current CPR/AED/First Aid	PW/FX
	KINE 360 Strength Training: Concepts & Applic.	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 380 Exercise Prescript & Prog for Spec Pop	3	KINE 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW
	EDRS 220 or STAT 250	3		Net/FX
4 <sup>th</sup> Year Fall	KINE 400 Biomechanics	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 360 <sup>C</sup>	PW
	KINE 410 Exercise Physiology II	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310 <sup>C</sup> , 320 <sup>C</sup>	Net
	KINE 441 Kinesiology Internship II	3	KINE 341 <sup>C</sup> , 380 <sup>C</sup> , KINE 360 <sup>C</sup> Current CPR/AED/First Aid	PW/FX
	KINE 450 Research Methods (Writing Intensive)	3	ENGH 302, STAT 250 <sup>C</sup> , or EDRS 220 <sup>C</sup> or SOCI 313 <sup>C</sup> junior or senior standing	PW/Net
4 <sup>th</sup> Year Spring	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330 <sup>C</sup> , 341 <sup>C</sup> , 400 <sup>C</sup> , 410 <sup>C</sup> , 420 <sup>C</sup> , 441 <sup>C</sup> , 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).

# Kinesiology (KINE) 2022-2023

## Bachelor of Science Degree in Kinesiology

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



School of Kinesiology

### 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.

**\*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 <sup>st</sup> Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>C</sup>	PW
	HEAL 110 Personal Health	3		Net/FX
	KINE 100 Introduction to Kinesiology	3		FX-Hybrid
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>	PW
	ENGH 302 Advanced Composition	3	Lower level ENGH <sup>C</sup>	FX/Net
1 <sup>st</sup> Year Spring	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
	KINE 200 Exercise Instruction	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW/FX
	KINE 320 Principles of Human Nutrition	3		Net
	KINE 360 Strength Training: Concepts & Applic.	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 370 Exercise Testing and Evaluation	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW/FX
1 <sup>st</sup> Year Summer	KINE 330 Seminar in Kinesiology	3	KINE 100 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW/FX
	KINE 350 Exerc. Prescription and Programming	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 370 <sup>C</sup> , ATEP 300 <sup>C</sup>	PW
2 <sup>nd</sup> Year Fall	KINE 341 Kinesiology Internship I	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 370 <sup>C</sup> , Current CPR/AED/First Aid	PW/FX
	KINE 380 Exerc. Prescript and Prog for Spec Pop	3	KINE 310 <sup>C</sup> , 330 <sup>C</sup> , 350 <sup>C</sup> , 200 <sup>C</sup> , 370 <sup>C</sup>	PW
	KINE 400 Biomechanics	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 360 <sup>C</sup>	PW
	SPMT 320 or KINE 260	3		FX
2 <sup>nd</sup> Year Spring	KINE 410 Exercise Physiology II	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , KINE 310 <sup>C</sup>	PW
	KINE 420 Sport and Exercise Nutrition	3	KINE 310 <sup>C</sup> , 320 <sup>C</sup>	Net
	KINE 441 Kinesiology Internship II	3	KINE 341 <sup>C</sup> , 380 <sup>C</sup> , KINE 360 <sup>C</sup> Current CPR/AED/First Aid	PW/FX
	KINE 450 Research Methods(Writing Intensive)	3	ENGH 302, STAT 250 <sup>C</sup> , or EDRS 220 <sup>C</sup> or SOCI 313 <sup>C</sup> junior or senior standing	PW
2 <sup>nd</sup> Year Summer	KINE 490 Kinesiology Internship III - Capstone	12	KINE 330 <sup>C</sup> , 341 <sup>C</sup> , 400 <sup>C</sup> , 410 <sup>C</sup> , 420 <sup>C</sup> , 441 <sup>C</sup> , 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, 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).

### KINE Advising Questions

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

sokine@gmu.edu