

# Kinesiology (KINE) 2024-2025

Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: <https://kinesiology.gmu.edu/kinesiology/bs>



❖ **Mason Core, 30 credits:** For current list of approved courses: <https://catalog.gmu.edu/mason-core/>

- Lower-Level Written Communication – 3 credits (ENGH 101<sup>C</sup>)
  - Oral Communication – 3 credits
  - Quantitative Reasoning – 3 credits (STAT 250<sup>C</sup> or EDRS 220<sup>C</sup>)
  - Information Technology and Computing – 3 credits
  - Arts – 3 credits
  - Global Understanding – 3 credits
  - Literature – 3 credits
  - Natural Science – 8 credits (BIOL 124<sup>C</sup> & BIOL 125<sup>C</sup>)
  - Social & Behavioral Science – 3 credits
  - Global History – 3 credits
  - Upper-Level Written Communication – 3 credits (ENGH 302<sup>C</sup>)
  - Synthesis/Capstone Experience (KINE 490)
- \*\*Fulfilled by KINE 490 Kinesiology Internship (Mason Core), listed in professional sequence below\*\*
- \*\* BIOL 124/125 fulfill this requirement for KINE majors only. If you change your major, BIOL 124/125 DO NOT meet the Mason Core Requirement\*\*

❖ **Professional Sequence, 46 credits:** (must maintain GPA of 2.5. and a C or better)

- ATEP 120: First Aid & Emergency Care
- ATEP 300: Functional Anatomy
- KINE 100: Introduction to Kinesiology
- KINE 200: Exercise Instruction
- KINE 260: Behavior Mod for Phys Act
- KINE 295: Principles of Human Nutrition
- KINE 310: Exercise Physiology I
- KINE 340: Exercise Testing and Evaluation
- KINE 341: Kinesiology Practicum
- KINE 350: Exercise Prescription & Program
- KINE 355: Introduction to Biomechanics
- KINE 404: Motor Control Theory and Application
- KINE 450: Research Methods (fulfills writing intensive requirement)
- KINE 490: Kinesiology Internship (Mason Core)

❖ **Electives, 32 to 38 credits**

It is recommended you take BIOL 103/105 before BIOL 124.

Note. You will need to take at least 15 additional credits of 300 and 400 level courses. You are encouraged to pursue a minor and/or concentration.

**Total: 120 credits**

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

Semester	Course	Credits	Prerequisites
1 <sup>st</sup> Year Fall	KINE 100: Introduction to Kinesiology	3	
	BIOL 103/105: Introductory Biology II with lab	4	
1 <sup>st</sup> Year Spring	BIOL 124: Human Anatomy & Physiology	4	
	KINE 200: Exercise Instruction	3	BIOL 124 <sup>C</sup> prerequisite or co-requisite
2 <sup>nd</sup> Year Fall	BIOL 125: Human Anatomy & Physiology	4	BIOL 124 <sup>C</sup>
	ATEP 300: Functional Anatomy	3	BIOL 124 <sup>C</sup>
	KINE 260: Behavioral Modification	3	
2 <sup>nd</sup> Year Spring	KINE 295: Principles of Human Nutrition	3	
	KINE 310: Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>
	KINE 340: Exercise Testing and Evaluation	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 310 <sup>C</sup> pre-requisite or co-requisite
3 <sup>rd</sup> Year Fall	ENGH 302: Advanced Composition	3	ENGH 101 <sup>C</sup> , Literature Mason Core, Completion of 45 credits
	KINE 350: Exercise Prescription and Programming	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 340 <sup>C</sup> , ATEP 300 <sup>C</sup>
	KINE 355: Introduction to Biomechanics	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup>
	ATEP 120: First Aid & Emergency Care	2	
3 <sup>rd</sup> Year Spring	KINE 341: Kinesiology Practicum	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 350 <sup>C</sup> , 340 <sup>C</sup> , Current CPR/AED/First Aid, Junior standing
	EDRS 220: Introduction to Applied Quantitative Analysis or STAT 250: Introductory Statistics I	3	
4 <sup>th</sup> Year Fall	KINE 404: Motor Control Theory and Application	3	KINE 310 <sup>C</sup> , KINE 355 <sup>C</sup>
	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> , KINE 330 <sup>C</sup> , KINE 350 <sup>C</sup> , junior or senior standing
4 <sup>th</sup> Year Spring	KINE 490: Kinesiology Internship- Capstone	6- 12	KINE 341 <sup>C</sup> , KINE 404 <sup>C</sup> , senior standing

**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.

# Kinesiology (KINE) 2024-2025

Bachelor of Science Degree in Kinesiology

To schedule an advising appointment: <https://kinesiology.gmu.edu/kinesiology/bs>



## Suggested Transfer Academic Plan:

- Assumes completion of KINE 100, BIOL 124, 125, and STAT 250 with a C or better and selected Mason Core classes.
- Must maintain GPA of at least 2.5 and a C or better in *all* professional sequence courses.
- Up to 38 credits of electives will need to be added to this plan depending on the number of credits that are transferred into Mason.

Semester	Course	Credits	Prerequisites
1 <sup>st</sup> Year Fall	ENGH 302: Advanced Composition	3	ENGH 101 <sup>C</sup> , Literature, Completion of 45 credits
	KINE 260: Behavioral Modification	3	
	ATEP 300: Functional Anatomy	3	BIOL 124 <sup>C</sup>
	KINE 200: Exercise Instruction	3	
1 <sup>st</sup> Year Spring	KINE 310: Exercise Physiology I	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup>
	KINE 340: Exercise Testing and Evaluation	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup> , KINE 310 <sup>C</sup> pre-requisite or co-requisite
	ATEP 120: First Aid & Emergency Care	2	
1 <sup>st</sup> Year Summer	KINE 350: Exercise Prescription and Programming	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 340 <sup>C</sup> , ATEP 300 <sup>C</sup>
	KINE 355: Introduction to Biomechanics	3	BIOL 124 <sup>C</sup> , BIOL 125 <sup>C</sup> , ATEP 300 <sup>C</sup>
2 <sup>nd</sup> Year Fall	KINE 341: Kinesiology Practicum	3	KINE 200 <sup>C</sup> , 310 <sup>C</sup> , 350 <sup>C</sup> , 340 <sup>C</sup> , Current CPR/AED/First Aid, Junior standing
	KINE 404: Motor Control Theory and Application	3	KINE 310 <sup>C</sup> , KINE 355 <sup>C</sup>
	KINE 450: Research Methods (Writing Intensive)	3	ENGH 302, KINE 330 <sup>C</sup> , KINE 350 <sup>C</sup> , STAT 250 <sup>C</sup> , or EDRS 220 <sup>C</sup> or SOCI 313 <sup>C</sup> , Junior or senior standing
2 <sup>nd</sup> Year Spring	KINE 490: Kinesiology Internship- Capstone	6-12	KINE 341 <sup>C</sup> , KINE 404 <sup>C</sup> , Senior standing

**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.

## KINE Advising Questions

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

[sokine@gmu.edu](mailto:sokine@gmu.edu)