Kinesiology (KINE) 2024-2025
Allied Health Sciences Concentration

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[C])**
- Oral Communication – 3 credits
- Quantitative Reasoning – 3 credits **(STAT 250[C] or EDRS 220[C])**
- Information Technology and Computing – 3 credits
- Arts – 3 credits
- Global Understanding – 3 credits
- Literature – 3 credits
- Natural Science – 8 credits **(BIOL 124[C] & BIOL 125[C])**
  ** 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**
- Social & Behavioral Science – 3 credits
- Global History – 3 credits
- Upper-Level Written Communication – 3 credits **(ENGH 302[C])**
- Synthesis/Capstone Experience (**KINE 490**)
  Fulfilled by KINE 490 Kinesiology Internship (Mason Core), listed in professional sequence below

❖ **Professional Sequence, 46 credits:** (must maintain GPA of 3.0 and a C or better)

- BIOL 124: Anatomy and Physiology I
- BIOL 125: Anatomy and Physiology II
- 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: Principals of Human Nutrition
- KINE 310: Exercise Physiology I
- KINE 340: Exer. Testing & Evaluation
- KINE 341: Kinesiology Practicum
- KINE 350: Exercise Prescription & Program
- KINE 355: Intro. to Biomechanics
- KINE 404: Motor Control Theory and Application
- KINE 450: Research Methods (fulfills writing intensive requirement)

❖ **Allied Health Sciences Concentration, 29-35 credits: Students must maintain at least a 3.0 GPA in order to remain in the concentration**

- ATEP 201: Medical and Scientific Terminology
- BIOL 103: Introductory Biology II-Survey of Cell and Molecular Biology
- BIOL 105: Introductory Biology II Laboratory
- KINE 410: Exercise Physiology II
- KINE 490: Kinesiology Internship (Mason Core)
- PSYC 100: Basic Concepts in Psychology (Mason Core) **If fulfilling Mason Core, need additional 3 credits of electives**
- PSYC 211: Developmental Psychology
- PHYS 243: College Physics I
- PHYS 244: College Physics I Lab
- Choose one ATEP or KINE course at the 300 level or higher

❖ **Electives, 9-15 credits**

Select an additional 9-15 credits from any of the courses in the university catalog. Students are highly encouraged to review the prerequisite courses required by their desired graduate program(s) and use their electives to meet any additional program requirements. At least 6 elective credits must be at the 300 and 400 level.

Total: 120 credits

Suggested Academic Plan (to be supplemented by Mason Core and Electives): MUST earn and maintain a GPA of 3.0 for concentration admission

Semester	Course	Credits	Prerequisites
1st Year Fall	KINE 100: Introduction to Kinesiology	3	
	PSYC 100: Basic Concepts in Psychology	3	
	BIOL 103/105: Introductory Biology II with lab	4	
1st Year Spring	BIOL 124: Human Anatomy & Physiology	4	
	KINE 200: Exercise Instruction	3	*BIOL 124[C] prerequisite or co-requisite*
	PSYC 211: Developmental Psychology		
2nd Year Fall	BIOL 125: Human Anatomy & Physiology	4	*BIOL 124[C]*
	ATEP 300: Functional Anatomy	3	*BIOL 124[C]*
	KINE 260: Behavioral Modification	3	
2nd Year Spring	ATEP 201: Medical and Scientific Terminology	3	
	KINE 295: Principles of Human Nutrition	3	
	KINE 310: Exercise Physiology I	3	*BIOL 124[C], BIOL 125[C]*
	KINE 340: Exercise Testing and Evaluation	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C], KINE 310[C] pre-requisite or co-requisite*
3rd Year Fall **Declare concentration**	ATEP 120: First Aid & Emergency Care	2	
	ENGH 302: Advanced Composition	3	*ENGH 101[C], Literature, Completion of 45 credits*
	KINE 350: Exercise Prescription and Programming	3	*KINE 200[C], 310[C], 340[C], ATEP 300[C]*
	KINE 355: Introduction to Biomechanics	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C]*
	KINE 410: Exercise Physiology II	3	*BIOL 124[C], BIOL 125[C], KINE 310[C]*
3rd Year Spring	KINE 341: Kinesiology Practicum	3	*KINE 200[C], 310[C], 350[C], 340[C], Current CPR/AED/First Aid, Junior standing*
	PHYS 243/ 244: College Physics I with lab	4	
	One ATEP or KINE course 300 level or higher	3	
	STAT 250: Introductory Statistics I OR EDRS 220: Intro. to Applied Quantitative Analysis	3	
4th Year Fall	KINE 404: Motor Control Theory and Application	3	*KINE 310[C], KINE 355[C]*
	KINE 450: Research Methods (Writing Intensive Core)	3	*ENGH 302, KINE 330[C], KINE 350[C], STAT 250[C] or EDRS 220[C] or SOCI 313[C] Junior or senior standing*
4th Year Spring	KINE 490: Kinesiology Internship- Capstone	6-12	*KINE 341[C], KINE 404[C] senior standing*

Academic Requirements: 120 total credits; 45 upper-level credit hours; 30-hour GMU residency requirement; completion of Mason Core courses; students must earn a C or better in BIOL 124 and 125, EDRS 220 or STAT 250, and *all* professional sequence and concentration courses.

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Suggested Transfer Academic Plan:

- Assumes completion of KINE 100, BIOL 124, 125, and STAT 250 with a C or better and selected Mason Core, Professional Sequence and Allied Health Sciences Concentration classes.
- Must maintain GPA of at least 3.0 or better in all professional sequence courses.
- Up to 15 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
1st Year Fall	ENGH 302: Advanced Composition	3	*ENGH 101[C], Literature, Completion of 45 credits*
	KINE 260: Behavioral Modification	3	
	ATEP 300: Functional Anatomy	3	*BIOL 124[C]*
	KINE 200: Exercise Instruction	3	*BIOL 124[C] prerequisite or corequisite*
1st Year Spring	KINE 310: Exercise Physiology I	3	*BIOL 124[C], BIOL 125[C]*
	KINE 340: Exercise Testing and Evaluation	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C], KINE 310[C] pre-requisite or co-requisite*
	PHYS 243/ 244: College Physics I with lab	4	
	ATEP 120: First Aid & Emergency Care	2	
1st Year Summer	KINE 350: Exercise Prescription and Programming	3	*KINE 200[C], 310[C], 340[C], ATEP 300[C]*
	KINE 355: Introduction to Biomechanics	3	*BIOL 124[C], BIOL 125[C], ATEP 300[C]*
2nd Year Fall	KINE 341: Kinesiology Practicum	3	*KINE 200[C], 310[C], 350[C], 340[C], Current CPR/AED/First Aid, junior standing*
	One ATEP or KINE course 300 level or higher	3	
	KINE 404: Motor Control Theory and Application	3	*KINE 310[C], KINE 355[C]*
	KINE 410: Exercise Physiology II	3	*BIOL 124[C], BIOL 125[C], KINE 310[C]*
	KINE 450: Research Methods (Writing Intensive)	3	*ENGH 302, KINE 330[C], KINE 350[C], STAT 250[C], or EDRS 220[C] or SOCI 313[C], Junior or senior standing*
2nd Year Spring	KINE 490: Kinesiology Internship- Capstone	6-12	*KINE 341[C], KINE 404[C], Senior standing*

Academic Requirements: 120 total credits; 45 upper-level credit hours; 30-hour GMU residency requirement; completion of Mason Core courses; students must earn a C or better in BIOL 124 and 125, EDRS 220 or STAT 250, and *all* professional sequence and concentration courses.

KINE Advising Questions

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