

Health and Human Development Kinesiology Program

Four-Year Plan 2004-2006 Catalog

Name _____ Advisor _____

E-mail _____

Freshman Year			Term	Credits	Grade
BIOL	102	Molecular and Cell Biology	Fs	4	_____
BIOL	207	Anatomy and Physiology I	fS	5	_____
CHEM	131	General Chemistry I	Fs	4	_____
MATH	160Q	Pre-calculus	fSm	4	_____
UC		University Core and Electives		13	_____
	<i>Total</i>			30	_____

Sophomore Year			Term	Credits	Grade
HDFN	221CS	Human Nutrition	Fs	3	_____
HDHL	221	First Emergency Response	fS	1	_____
HDHL	222	First Emergency Response Lab	fS	1	_____
HDPE	210	Exercise Programming for Older Adults	S	3	_____
HDPE	222	Foundations of Exercise Science	S	3	_____
HDPE	267	Introduction to Coaching	Fs	3	_____
PHYS	205	College Physics I	Fsm	4	_____
PSY	100IS	Introductory Psychology	Fs	3	_____
STAT	216Q	Elementary Statistics	Fsm	3	_____
UC		University Core and Electives		3	_____
	<i>Total</i>			27	_____

Junior Year			Term	Credits	Grade
HDCF	371*	Research Methods	fS	3	_____
HDPE	320*	Anatomical Kinesiology	F	4	_____
HDPE	322*	Exercise Physiology	F	4	_____
HDPE	323*	Biomechanics	S	4	_____
UC		University Core and Electives		15	_____
	<i>Total</i>			30	_____

Senior Year			Term	Credits	Grade
Take two of the following:					
HDPE	436	Principles of Strength & Cond.	on demand	3	_____
HDPE	425	Health Psychology	S	3	_____
HDPE	411	Nutrition for Sport and Exercise	on demand	2	_____
Take one of the following:					
HDPE	465	Exercise Testing & Prescription	S	4	_____
HDPE	489	Undergraduate Research	fsm	2-6	_____
HHD	476	Internship	fsm	2-6	_____
UC		University Core and Electives		21-26	_____
	<i>Total</i>			33	_____

Total needed for graduation 120 _____

* "C" grade or higher required to graduate

Students Must Also Satisfy These Requirements

Approved Upper Division HHD Electives >12

Approved Upper Division Science Electives >3

Approved Upper Division Social Science Elective >3

Check List For Graduation

1. Minimum credits required to graduate (120): _____
2. Approved upper division credits (≥ 300 level): _____
3. University Core completed: _____

KINESIOLOGY OPTION - Required Courses & Approved Electives With Prerequisites

Classification	CRS	#	Class Title	CR	Prerequisite(s) from MSU Catalog
Required	CHEM	131	General Chemistry I	4	2 yr HS math with algebra
Required	BIOL	207	Anatomy and Physiology I	5	CHEM 121/131 w/ ≥C- grade
Required	MATH	160	Precalculus	4	MATH 105 or math placement test
Required	PHYS	205	College Physics I	4	MATH 160 or HS trigonometry
Required	STAT	216	Elementary Statistics	3	MATH 105 or 151, or math placement test.
Required	HDFN	411	† Nut. For Sport & Exercise	2	HDFN 221+ HDPE 221
Required	HDHL	221	First Emergency Response	1	Concurrent enrollment in HDHL 222
Required	HDHL	222	First Emergency Response Lab	1	Concurrent enrollment in HDHL 221
Required	HDPE	320	Anatomical Kinesiology	4	BIOL 207 + math core
Required	HDPE	322	Exercise Physiology	4	BIOL 207
Required	HDPE	323	Biomechanics	4	MATH 170, BIOL 207, PHYS 205, HDPE 320
Required	HDPE	425	† Health Psychology	3	PSY 100
Required	HDPE	436	† Principles of Strength & Cond.	3	HDPE 221
Required	HDPE	465	Exercise Testing & Prescription	3	HDPE 322, BIOL 208, STAT 216
Required	HDPE	489	Undergraduate Research	2-6	Corequisite HDPE 490
Required	HDCF	371	Research Methods	3	STAT 216
Required	HHD	476	Internship	2-6	Corequisite HDPE 475
HHD Elec.	HDCF	360	Human Devl: Adult and Aging	3	HDCF 260 or Soc Sci core for non-majors
HHD Elec.	HDFN	321	Life Cycle Nutrition	3	HDFN 221
HHD Elec.	HDFN	351	Nutrition and Society	3	HDFN 221 + HDCF 343
HHD Elec.	HDFN	421	Macronutrient Metabolism	3	HDFN 221+BCHM 340 +BIOL 208, all w/ ≥C
HHD Elec.	HDFN	422	Micronutrient Metabolism	2	HDFN 421 w/ ≥C grade
HHD Elec.	HDFN	425	Medical Nutrition Therapy	4	HDFN 401 + HDFN 421, both w/ ≥C grade
HHD Elec.	HDHL	402	First Aid Instructor Lab	1	(HDHL 221+HDHL 222) OR current ARC CPR
HHD Elec.	HDHL	410	Human Response to Stress	3	PSY 100 + Junior standing
HHD Elec.	HDHL	440	Principles of Epidemiology	3	STAT 216 + Research Methods course
HHD Elec.	HDPE	367	Coaching Application	3	HDPE 267
HHD Elec.	HDPE	410	Int Perspec Health/Sport/PE	3	Junior standing
HHD Elec.	HDPE	415	Management in Health/Fitness	3	Junior Standing
HHD Elec.	HDPE	440	Health & Fitness Promotion	3	None listed
HHD Elec.	HDPE	445	Applied Sport Psychology	3	HDPE 267
HHD Elec.	HDPE	467	Advanced Concepts in Coaching	3	HDPE267 + (HDPE 367 OR coaching exp)
Science Elec	BCHM	340	General Biochemistry	5	BIOL 207/208 + (CHEM 215 or CHEM 312)
Science Elec	BIOL	301	Principles of Genetics	3	BIOL102 or MB 301
Science Elec	BIOL	310	Comparative Vertebrate Anat.	4	BIOL 101
Science Elec	BIOL	402	Advanced Cell & Mol. Biology	3	BIOL 301 + BCHM 340
Science Elec	BIOL	410	Dissection Anat. Human Extrem	3	BIOL 207 + BIOL 208, both w/ ≥C grades
Science Elec	BIOL	411	Animal Physiology	3	BIOL 102+(CHEM 215 or CHEM 311 or BCHM 122)
Science Elec	BIOL	413	Neurophysiology	3	BIOL 207 or BIOL 411
Science Elec	CHEM	311	Organic Chemistry I	4	CHEM 132 or CHEM 142
Science Elec	CHEM	312	Organic Chemistry II	4	CHEM 311
Science Elec	I&ME	313	Work Design and Analysis	3	COM 110 + ENGL 121
Science Elec	I&ME	413	Ergonomics and Safety I	3	I&ME 313
Soc Sci Elec	PHIL	322	Ethics	3	Previous PHIL course
Soc Sci Elec	PHIL	338	Bio-Medical Ethics	3	Previous PHIL course
Soc Sci Elec	PHIL	378	Philosophy of Science	3	Previous PHIL course
Soc Sci Elec	PHIL	388	Philosophy of Technology	3	Previous PHIL course
Soc Sci Elec	PSY	301	Physiological Psychology	3	PSY 100+ (BIOL 100 & 102 or BCHM 104)
Soc Sci Elec	PSY	332	Behavior Modification	3	PSY 282 or PSY 341
Soc Sci Elec	PSY	341	Learning and Motivation	3	PSY 100
Soc Sci Elec	PSY	361	Memory and Cognition	3	PSY 100
Soc Sci Elec	PSY	382	Abnormal Psychology	3	PSY 100

“Required” = Exercise Science core classes; “HHD Elec” = Pre-approved upper division HHD electives; “Science Elec” = Pre-approved upper division science elective; “Soc Sci Elec” = Pre-approved social science elective.

† If this course is NOT taken as a “Required” course it may count as an “HHD Elective”.