

NAME: _____

ID #: _____

AREA A: Essential Skills (9 hrs.)	Sem	Grade	Credit
*ENGL 1101 Composition I			3
*ENGL 1102 Composition II			3
*MATH 1111 or higher			3
AREA B: Institutional Options (4 hrs.)			
HIST 1112 World History II			3
IDS 2210 Turning Pts. & Connections			1
AREA C: Human/Fine Arts (6 hrs.)			
<u>Option 1</u> ENGL 2111 (Lit I) or ENGL 2112 (Lit II)			3
AND one of the following: MUSC 1100, PHIL 1030, ART 1000, COMM 1110, THEA 1100, RELS 2130, HUMN 2433, HUMN 2434, Foreign Language 1001 or higher _____			3
<u>Option 2</u> HUMN 2321 (and)			3
HUMN 2322			3
AREA D: Science/Math/Tech (11 hrs.)			
*D1, Traditional Lab Science CHEM 1145 , BIOL 1130/1110, CHEM 1140, GEOL 1121/1110, PHYS 1111/1112, PHYS 2211/1113, ASTR 1010/1211, or ASTR 1020/1211			3/1
*D2, Environment Lab Science BIOL 1230/1210 , CHEM 1040, PHYS 1149, or GEOL 1330/1310			3/1
*D3, Science/Math/Tech See catalog for the list of approved courses. STAT 2231			3
AREA E: Social Science (12 hrs.)			
HIST 2110 The United States			3
POLS 1101 American Government			3
ECON 2105 Global Economics			3
ONE of the following: ANTH 1102, PSYC 1101 , SOC 1101, GEOG 1130			3
GSU Requirements (5 hrs.)			
KINS (1)	KINS (1)		
GSU 1210 (1)	HLTH 1520 (2)		
* A grade of "C" or better is required. Bold, Underlined courses are preferred by the Department and may be required in your program of study.			

Exercise Science majors must complete <i>Fundamentals</i> to include: MATH 1112, CHEM 1145, CHEM 1146, and PHYS 1111 w/lab. Students who are not able to complete the <i>Fundamentals</i> in Areas A, D, or F will take these courses as part of their Guided Major Electives.			
AREA F: Major Requirements (18 hrs.)	Sem	Grade	Credit
*KINS 2531/2511 Anat. & Phys. I w/Lab			3/1
*KINS 2532/2512 Anat. & Phys. II w/Lab			3/1
*NTFS 2530 Nutrition & Health			3
*MATH 1112 Trig. (If not taken in Area A)			3
*PHYS 1111/1113 Physics I w/Lab			0-4
<u>Guided Electives</u> CHEM 1145 or CHEM 1146			0-7
If Physics 1111 taken in Area D, then CHEM 1145 or CHEM 1146 required in Area F Guided Electives.			
Major Courses (39 hrs.)			
Kinesiology Core (18 hrs.)			
*KINS 3130 Research Methods			3
*KINS 3131 Biophys. Found. of Movement			3
*KINS 3132 Found. of Exercise/Sport Psys.			3
*KINS 3133 Physio. Aspects of Exercise			3
*KINS 3134 Bio. Analysis of Movement			3
*KINS 4130 Admin. Prin. in Kinesiology			3
Exercise Science Core (21 hrs.)			
*HLTH 2120 Safety Prin. & First Aid Tech.			2
*KINS 3230 Motor Control, Coord., & Skill			3
*KINS 4231 Fitness Eval/Exercise Prescrip.			3
*KINS 4619 Senior Seminar in Ex. Science			1
*KINS 4799 Internship in Exercise Science			12
Courses may be substituted for internship with approval of undergraduate Exercise Science Program Coordinator.			
Guided Major Electives (18 hrs.) (Includes any carry-over hours from Areas A, D, & F)			
*			3
*			3
*			3
*			3
*			3
*			3
Free Elective (outside the Major)			
			3

Suggested Four Year Course Sequence

Course	Hrs.	Prerequisite
<u>Semester One</u>		
ENGL 1101	3	None
HIST 1112	3	None
MATH 1111	3	None
CHEM 1145	4	None
HLTH 1520	2	None
GSU 1210	1	None
KINS Activity	1	None
<u>Semester Two</u>		
ENGL 1102	3	ENGL 1101
HIST 2110	3	None
STAT 2231	3	MATH 1101, 1111, or higher
ECON 2105	3	None
MATH 1112	3	None
IDS 2210	1	HIST 1112
<u>Semester Three</u>		
ENGL 2111 or 2112	3	ENGL 1102
POLS 1101	3	None
BIOL 1230	3	None
BIOL 1210	1	None
KINS 2531	3	None
KINS 2511	1	None
Free Elective	3	See catalog; must be outside the major
<u>Semester Four</u>		
NTFS 2530	3	None
PSYC 1101	3	None
Area C Elect.	3	See catalog
KINS 2532	3	C or higher in KINS 2531
KINS 2512	1	None
PHYS 1111	3	MATH 1112, 1113, or equivalent
PHYS 1113	1	None
<u>Semester Five</u>		
KINS 3130	3	None
KINS 3131	3	C or higher in KINS 2531/2511, KINS 2532/2512
KINS 3132	3	PSYC 1101
KINS 4130	3	None
KINS Activity	1	None
Guid. Major Elect.	3	See catalog
<u>Semester Six</u>		
KINS 3230	3	PSYC 1101, KINS 3131, or POI
KINS 3133	3	C or higher in KINS 3131
KINS 3134	3	C or higher in KINS 3131 & PHYS 1111/1113
Guid. Major Elect.	3	See catalog
Guid. Major Elect.	3	See catalog
<u>Semester Seven</u>		
KINS 4231	3	KINS 3133, HLTH 1520, or POI
KINS 4619	1	Senior status
Guid. Major Elect.	3	See catalog
Guid. Major Elect.	3	See catalog
Guid. Major Elect.	3	See catalog
HLTH 2120	2	None
<u>Semester Eight</u>		
KINS 4799	12	KINS 4619

Advisement

“Georgia Southern University accepts the premise that ultimately a student’s program is his or her own responsibility.”
—General Catalog

Admission Requirements

1. Admission to Georgia Southern University.
 2. Adjusted GPA of 2.0 or better on all course work, including transfer work.
 3. Completion of a minimum of 30 semester hours.
 4. A grade of C or better on all work in Areas D & F.
- ◆ **Guided Major Electives:** Advisor approved electives. See advisor for a list of course options.
 - ◆ Student is responsible for any prerequisites for elective classes; prerequisite credit hours may be in addition to those required by program of study.
 - ◆ Students may elect to sub PHYS 2211 for PHYS 1111 with advisor approval.

Remember

Students are required to make an appointment with their advisor well in advance of the beginning of registration each semester.

- ◆ How to contact the SSC:
Student Services Center
0107 Hollis Building
Georgia Ave. and Herty Drive
Tel: 871-1931
Email: chps_ssc@GeorgiaSouthern.edu
Web: <http://chhs.georgiasouthern.edu/students>
- ◆ The General Catalog is available online at:
www.collegesource.org. Links to the catalog can be found at: <http://chhs.georgiasouthern.edu/students>
Or <http://students.georgiasouthern.edu/registrar>