

Use this checklist if started program between Fall 2019 - current



SCHOOL OF EDUCATION

BS in Wellness – Kinesiology CORE 42 (revised 10/19)

Name: _____ **ID#:** _____

Successful completion of the courses listed below will entitle a person to receive a Bachelor of Science degree in Wellness with a major emphasis in Kinesiology.

The following courses are the General Education CORE 42 requirements of Lincoln University. Those marked with an *, students must have a grade of “C” or better. Courses may not count in more than one area, see CORE 42 guide for additional course options

_____	ENG 101	Composition and Rhetoric I	(1. Written Comm.)	3
_____	ENG 102	Composition and Rhetoric II	(1. Written Comm.)	3
_____	SPT 206	Fundamentals of Speech	(2. Oral Comm.)	3
_____	MAT 117	Elementary Statistics	(3. Math Sciences)	3
_____	BIO 103	Biological Science *	(4 A. Natural Sciences)	3
_____	BIO 104L	Biological Science Lab *	(4 B. Natural Sciences)	1
_____	BIO 208	Human Anatomy *	(4 A. Natural Sciences)	3
_____	BIO 209L	Human Anatomy Lab *	(4 B. Natural Sciences)	2
_____	_____	HIS 205/206 or PSC 203	(5 A. Soc./Behv. Sciences)	3
_____	PSY 101	General Psychology *	(5 B. Soc./Behv. Sciences)	3
_____	_____	E: SA 201/202, ECO 201, PSY 308, GEO 200	(5 B. Soc./Behv. Sciences)	3
_____	HIS101/102	International History	(6. Hum/Fine Arts)	3
_____	_____	E: ART 100, PHI 101/102/201/203, SPT 209	(6. Hum/Fine Arts)	3
_____	_____	E: MUS 200/205, PHI 101/102/201/203, ENG 200	(6. Hum/Fine Arts)	3
_____	_____	HIS 101/102, SA 202, or PHI 201	(7. Int. Cultural Diversity)	3
Total				42

The following course is a General Education Institutional Requirement of Lincoln University:

_____	GE 101	University Seminar	(8. Gen Ed Skills)	1
Total				1

The courses with an E and blanks in this section allow for an elective. The elective for each section must be from the approved CORE 42 course list for that specific section and be a transferrable CORE 42 course. Please see advisor for more information.

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Required Major Courses for BS in Wellness (minimum grade of C required). You must have a 3.00 GPA in the following required Wellness & Kinesiology courses.

WELLNESS REQUIREMENTS:

_____ PED 111	Personal and Community Health	(FA/SP)	2
_____ PED 303	Healthcare Ethics	(SP)	3
_____ PEP 200	Foundations of Physical Education & Wellness	(FA/SP)	3
_____ PEP 201	Nutrition, Fitness, and Conditioning	(FA/SP)	3
_____ PEP 205	CPR, Safety and First Aid	(FA/SP)	2
_____ PEP 301	Kinesiology	(SP)	3
_____ PEP 307/PSY 407	Psy/Soc Aspects Phys Act (FA) or Sport Psych	(SP)	3
_____ PEP 360	Exercise Physiology	(FA)	3
_____ PSY 303/PSY 308	Social Psychology (FA) or Developmental Psychology	(SP)	3
_____ WEL 499	Internship in Wellness	(SP)	<u>12</u>
		Total	37

KINESIOLOGY EMPHASIS REQUIREMENTS:

_____ PEP 312	Motor Learning	(FA)	3
_____ PEP 320	Assessment in PE	(FA)	3
_____ PEP 372/378/379	Selected I & A Course	(TBA)	3
_____ PEP 380	Care of Activity/Sport Injuries – Upper Body	(SP)	2
_____ PEP 381	Care of Activity/Sport Injuries – Lower Body	(FA)	2
_____ PEP 417	M/M/O of Coaching (EDU 417 P, Q, or H can be substituted for PEP 417)		3
_____ PED 420	Exercise Prescription	(SP)	<u>3</u>
		Total	19

ELECTIVES: 21

TOTAL NUMBER OF HOURS: 120

Suggested Department Electives

- PEP 372: I & A of Movements and Rhythms
- PEP 378: I & A of Lifetime Activities & Dance
- PEP 379: I & A of Ind. & Team Sports
- PED 418: Stress, Mental, & Emotional Wellness
- WEL 407: Program Delivery in Wellness
- WEL 485: Wellness Facility Management

Athletic Training or Physical Therapy:

- CHM 103/104 L: General & Applied Chemistry/Lab
- PHY 101: College Physics I
- PHY 102: College Physics II
- SGT 102: Medical Terminology

Personal Trainer:

- BAD 101: Introduction to Business
- MKT 309: Advertising Principles
- MKT 321: Principles of Marketing
- PEP 422: Drug & Sex Education
- WEL 485: Wellness Facility Management

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BS WELLNESS: KINESIOLOGY
DEGREE PATHWAYS
CORE 42 (FALL 2019-CURRENT)

Semester 1		Hrs.	Semester 2		Hrs.
GE 101	University Seminar (8)	1	ENG 102	Composition & Rhetoric II (1)	3
ENG 101	Composition & Rhetoric I (1)	3-4	MAT 117	Elementary Statistics (3)	3-5
PSY 101	General Psychology (5)	3	HIS 205/206 or PSC 203	American/National History (5)	3
HIS 101/102	International History (6)	3	Elective	Inter. Cultural Diversity (7)	3
Elective	Social/Behavioral Sciences (5)	3	PED 111	Personal & Comm. Health	2
Elective	Humanities & Fine Arts (6)	3			
TOTAL:		16	TOTAL:		14

Semester 3		Hrs.	Semester 4		Hrs.
BIO 103	Biology (4)	3	SPT 206	Fundamentals of Speech (2)	3
BIO 104 L	Biology Lab (4)	1	Elective	Humanities & Fine Arts (6)	3
PEP 200	Foundations of PE & Wellness	3	PEP 201	Nutrition, Fitness & Cond.	3
PEP 205	CPR, Safety, & First Aid	2	PEP 380	Care of Act/Sports Injuries (Upper)	2
PEP 312	Motor Learning	3	PSY 308	Develop. Psych (PSY 307-Fall)	3
Elective	Departmental Elective	3			
TOTAL:		15	TOTAL:		14

Semester 5		Hrs.	Semester 6		Hrs.
BIO 208	Human Anatomy (4)	3	PED 303	Healthcare Ethics	3
BIO 209 L	Human Anatomy Lab (4)	2	PED 420	Exercise Prescription	3
PEP 381	Care of Act/Sports Injuries (Lower)	2	PEP 301	Kinesiology	3
I & A	PEP 379 (PEP 372/378-Spring)	3	PEP 417	M/M/O of Coaching	3
Elective	Departmental Elective	3	Elective	Departmental Elective	3
Elective	Departmental Elective	3			
TOTAL:		16	TOTAL:		15

Semester 7		Hrs.	Semester 8		Hrs.
PEP 307	Psy/Soc of Phys Activity	3	WEL 499	Internship in Wellness	12
PEP 320	Assessment in PE	3	Elective	Departmental Elective	3
PEP 360	Exercise Physiology	3			
Elective	Departmental Elective	3			
Elective	Departmental Elective	3			
TOTAL:		15	TOTAL:		15