

BS in Wellness – Kinesiology CORE 42 (revised 1/21)

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 *, indicate that students must have a grade of "C" or better.

For courses listed in this section with an $\underline{\mathbf{E}}$, students can choose an elective from the approved CORE 42 course list for that specific area or category (please see the CORE 42 General Education Advisement Worksheet). The courses listed in areas with an E are recommended based on preparing students for the state teacher certification assessments. See your advisor for more information on selecting a CORE 42 Elective.

ENG 101 ENG 102 SPT 206 MAT BIO 103 BIO 104L BIO 208 BIO 209L PSY 101 PSY 101	Composition and Rhetoric I * Composition and Rhetoric II * Fundamentals of Speech * E: MAT 113/115/117/121 Biological Science * Biological Science Lab * Human Anatomy * Human Anatomy Lab * General Psychology * Civics: HIS 205/206/PSC 203 E: PSY 308, SA 201/202, ECO 201/202 History: HIS 101/102 E: ART 100, PHI 101/102/201/203, SPT 209	 Written Comm.) Written Comm.) Oral Comm.) Oral Comm.) Math Sciences) Natural Sciences) Natural Sciences) Natural Sciences) Natural Sciences) Natural Sciences) Soc./Behv. Sciences) Soc./Behv. Sciences) Soc./Behv. Sciences) Hum/Fine Arts) Hum/Fine Arts) 	3 3 3 3 1 3 2 3 3 3 3 3 3 3
	History: HIS 101/102 E: ART 100, PHI 101/102/201/203, SPT 209	· /	3 3
	E: MUS 200/205, PHI 101/102/201/203 E: CORE 42 Elective	(6. Hum/Fine Arts) (Any CORE 42 Category)	3 <u>3</u>

Total 42

The following courses are General Education Institutional Requirements of Lincoln University:

	E: EDU 260, HIS 101/102, BAD 2	15, SA 202, PHI 201 (7. Institutional)	3
GE 101	University Seminar	(8. Gen Ed Skills)	<u>1</u>
		Total	4

Required Major Courses for BS in Wellness (minimum grade of C required). You must have a 3.0 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/Soc Aspects PA (FA) or PSY 407:	Sport Psych (SP)	3
PEP 360	Exercise Physiology	(FA)	3
	PSY 303: Social Psych (FA) or /PSY 308: Develo	opmental Psych (SP)	3
WEL 499	Internship in Wellness	(SP/SU)	<u>3-12</u>
	-	Total	28-37

KINESIOLOGY EMPHASIS REQUIREMENTS:

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

ELECTIVES:

TOTAL NUMBER OF HOURS:

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 PED 422: Drug & Sex Education WEL 485: Wellness Facility Management 18-27

120

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

Semester 1		Hrs.	Semester 2		Hrs.
GE 101	University Seminar	1	ENG 102	Composition & Rhetoric II (1)	3
ENG 101	Composition & Rhetoric I	3-4	PEP 200	Foundations of PE & Wellness	3
PSY 101	General Psychology	3	EDU 260	Ed. & Cultural Diversity	3
HIS 101/102	History	3	Area 5: Civics	HIS 205/206 or PSC 203	3
Area 6 Elective	ART 100, PHI 101/102/201/203, SPT 209	3	Area 5 Elective	PSY 308, SA 201/202, ECO 201/202	3
PED 111	Personal & Comm. Health	2			
TOTAL:		15	TOTAL:		15

Semester 3		Hrs.		Semester 4	Hrs.
SPT 206	Fundamentals of Speech	3	Area 3: Math	MAT 113, 115, 117, 121	3-5
BIO 103	Biology	3	PSY 308	Develop. Psych (PSY 303-Fall)	3
BIO 104 L	Biology Lab	1	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	Area 6 Elective	MUS 200/205, PHI 101/102/201/203	3
Elective	Departmental Elective	3	CORE 42	CORE 42 Elective	3
TOTAL:		15	TOTAL:		17

Semester 5		Hrs.	Semester 6		Hrs.
BIO 208	Human Anatomy	3	PED 303	Healthcare Ethics	3
BIO 209 L	Human Anatomy Lab	2	PED 420	Exercise Prescription	3
PEP 381	Care of Act/Sports Injuries (Lower)	2	PEP 301	Kinesiology	3
1 & 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 OR (PSY 407-Spring)	3	WEL 499	Internship in Wellness	3-12
PEP 320	Assessment in PE	3	Elective(s)	Departmental Elective (s)	3 +
PEP 360	Exercise Physiology	3			
Elective	Departmental Elective	3			
Elective	Departmental Elective	3			
TOTAL:		15	TOTAL:		15