**BACHELOR OF SCIENCE (B.S.)**

**KINESIOLOGY**

**Kinesiology Requirements (58-59)**

*Kinesiology majors are required to earn a “C” or better: KNPE 314, 445, 452, 463

<table>
<thead>
<tr>
<th>Professional Core (31)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNPE 300 Field Exp Kinesiology (1)</td>
</tr>
<tr>
<td>KNPE 301 Intro to Kinesiology (3)</td>
</tr>
<tr>
<td>+KNPE 262 First Aid and CPR (2)</td>
</tr>
<tr>
<td>KNPE 310 Psychological Aspects of Sport and Exer (3)</td>
</tr>
<tr>
<td>KNPE 346 Methods of Group Fitness Instruction (3)</td>
</tr>
<tr>
<td>KNPE 350 Principles and Techniques of Resist Training (3)</td>
</tr>
<tr>
<td>KNPE 443 Exer Therapy for Acute and Chronic Conditions (3)</td>
</tr>
<tr>
<td>[PRQ: BIOS 311 or 357]</td>
</tr>
<tr>
<td>*KNPE 445 Measurement &amp; Evaluation (3)</td>
</tr>
<tr>
<td>[PRQ/CRC: KNPE 452, PRQ: MATH core “C” or better]</td>
</tr>
<tr>
<td>*KNPE 463 Exer and Physical Activity across the Lifespan (3)</td>
</tr>
<tr>
<td>[PRQ: KNPE 452, CRQ: KNPE 493]</td>
</tr>
<tr>
<td>KNPE 493 Clinical Experience Exercise Gerontology (1)</td>
</tr>
<tr>
<td>[PRQ: KNPE 443]</td>
</tr>
<tr>
<td>LESM 438 Sport and Fitness Management Strategies (3)</td>
</tr>
<tr>
<td>LESM 442 Promotion Sport Fitness Programs (3)</td>
</tr>
<tr>
<td>FCNS 306 Sports Nutrition (3)</td>
</tr>
<tr>
<td>or FCNS 306 (2) + KNPE 306 (1)</td>
</tr>
<tr>
<td>[Spring only, variable credit hour course]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scientific Basis (12-13)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 311 Functional Human Anatomy (4)</td>
</tr>
<tr>
<td>or BIOS 357 Human Anat &amp; Physiology (5)</td>
</tr>
<tr>
<td>+KNPE 314 Appl Kinesiology (4)</td>
</tr>
<tr>
<td>[PRQ: BIOS 311 or 357 and MATH core “C” or better]</td>
</tr>
<tr>
<td>*KNPE 452 Exercise Physiology (4)</td>
</tr>
<tr>
<td>[PRQ: BIOS 311 and MATH core “C” or better]</td>
</tr>
</tbody>
</table>

**Wellness focus (10):**

| KNPE 462 Clinical Exercise Physiology (4) |
| [Need “C” or better in KNPE 452] |
| KNPE 464 Scientific Basis of Exer Prescription and Prog (3) |
| [Need “C” or better in KNPE 452] |
| KNPE 465 Phys Act Prog, Promot, Implemt, & Eval (3) |
| [Need “C” or better in KNPE 452] |

**Performance focus (10):**

| KNPE 470 High Performance (4) |
| [Need “C” or better in KNPE 452] |
| KNPE 472 Periodization (3) |
| [Need “C” or better in KNPE 452] |
| LESM 365 Com Strategies Sport Exercise (3) |

**Sport Management focus (10):**

| LESM 341 Admin Intercollegiate Athletics (1) |
| LESM 365 Com Strategies Sport Exercise (3) |
| LESM 438 Sport Fitness Mgmt Strategies (3) |
| or LESM 442 Promot Sport Fitness Programs (3) |
| KNPE 465 Phys Act Prog, Promot, Implemt, & Eval (3) |
| [Need “C” or better in KNPE 452] |

**Internship (6):**

| KNPE 494 Internship in Kinesiology (6) |

**Requirements:**

1. Minimum GPA 2.5
2. Final semester coursework
3. First Aid/CPR certificates

*Strongly recommend certification in both first aid and CPR by American Red Cross or American Heart Association as a substitute for KNPE 262. KNPE department will not accept first aid or CPR online certification as substitute for KNPE 262.

(Continued on Back of Sheet)
Kinesiology Program

The Northern Illinois University Kinesiology program provides rigorous classroom, laboratory, and field experiences. Through our program of study, students closely examine exercise and fitness principles related to the wellness and performance of the human body. These unique opportunities prepare students to transition into the health and fitness industry. Typical employment settings include clinical, corporate, commercial, governmental, community and educational settings.

Furthermore, many students utilize the NIU Kinesiology program to prepare for graduate or additional education in areas such as Physical Therapy, Occupational Therapy and Cardiac Rehabilitation. Students are encouraged to research subsequent educational requirements in order to incorporate additional coursework if necessary.

For additional information, please visit some of the following websites:

- [www.bls.gov/bls/blswage.htm](http://www.bls.gov/bls/blswage.htm)
- [http://nsca-lift.org](http://nsca-lift.org)
- [www.aahperd.com](http://www.aahperd.com)
- [http://acsm.org/](http://acsm.org/)
- [www.americankinesiology.org/](http://www.americankinesiology.org/)

---

**Academic Resources**

**Whitney Harris**  
KNPE Academic Advisor  
Anderson Hall 215  
815-753-8285  
wharris3@niu.edu

**Dr. Chad McEvoy**  
KNPE Department Chair  
Anderson Hall 223  
815-753-1409  
cmcevoy@niu.edu

**Dr. Todd Gilson**  
KNPE Program Director  
Anderson Hall 222  
815-753-3656  
tgilson@niu.edu

**Al Vest**  
Internship Contact  
Anderson Hall 222  
815-753-9088  
avest@niu.edu

**General Tutoring**  
www.niu.edu, A-Z index, T, tutoring

**NIU Information Technology**  
(Questions about blackboard, NIU Email account, reset password)  
www.its.niu.edu/its/index.asp  
815-753-8100
<table>
<thead>
<tr>
<th>Fall 1</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 103</td>
<td>3</td>
<td>- Quant Literacy requires a &quot;C&quot; or better</td>
</tr>
<tr>
<td>COMS 100</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Quant Literacy Requirement</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE: Creativity &amp; Critical Analysis</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>GE: Society &amp; Culture</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>UNIV 101</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>16</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring 1</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 203</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>CHEM 110 &amp; CHEM 111</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>GE: Creativity &amp; Critical Analysis</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PSYC 102</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>16</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fall 2</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 103 + 105</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>GE: Knowledge Domain Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KNPE 300*</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>KNPE 301</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KNPE 350</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>17</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td>*Co-Rec KNPE 301</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring 2</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 311 or BIOS 357</td>
<td>4-5</td>
<td></td>
</tr>
<tr>
<td>KNPE 282 (or 1st Aid/CPR cert)</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>KNPE 310</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KNPE 346</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>15-16</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fall 3</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNPE 452</td>
<td>4</td>
<td>*KNPE 452 and 445 require a &quot;C&quot; or better</td>
</tr>
<tr>
<td>KNPE 443</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>LEMS 438 or LEMS 442</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KNPE 445</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>16</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring 3</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNPE 314</td>
<td>4</td>
<td>*KNPE 314 requires a &quot;C&quot; or better</td>
</tr>
<tr>
<td>Focus Course*</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Focus Course*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>FCNS 306</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>14</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td>*Consult advisor for Focus Course options</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fall 4</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNPE 493</td>
<td>3</td>
<td>*KNPE 493 requires a &quot;C&quot; or better</td>
</tr>
<tr>
<td>KNPE 493</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Focus Course*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>16</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td>*Consult with advisor for Focus Course options</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spring 4</th>
<th>Credits</th>
<th>Success Marker</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNPE 494</td>
<td>6</td>
<td>*Enrollment in KNPE 494 requires KNPE department approval.</td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total hours</strong></td>
<td><strong>12</strong></td>
<td></td>
</tr>
<tr>
<td>Notes/Comments:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes/Comments: This path is an example of what a four year plan could look like for a typical student based on the above catalog year. Placement exam scores in math as well as the completion of coursework may change the plan. It should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor each semester to discuss course scheduling. All requirements are subject to change by NIU.