General Education Requirements

Foundation Studies (12)
Required Grade of “C” or better
ENGL 103 ________
ENGL 203A, 203B, 203C, or 203D ________
or ENGL 204 [If placed into ENGL 204] ________
COMS 100 ________
MATH 101, 105, 206, 210, 211, or 229 ________
or MATH 110+STAT 208 ________

Knowledge Domain Studies (21)
There is a required minimum of 21 semester hours in the three General Education Knowledge Domains that cannot include more than two courses in any one department. A minimum of 6 semester hours in each domain area and one additional 3 hour course from any knowledge domain area.

Creativity & Critical Analysis (6)
ANTH 102, 210 ________
ARTH 282, 292, 294, 340, 350 ________
COMS 220, 230, 356 ________
ENGL 110, 115, 116, 310, 315, 350 ________
EPFE 321, 400, 410 ________
FLCL 271, FLFR 371, FLIT 272, FLRU 261 ________
HIST 110, 111, 112, 140, 141, 171, 260, 261 ________
IDSP 225, ILAS 100 ________
MUHL 220 ________
PHIL 101, 105, 231 ________
POLS 150, 251 ________
TH-D 222, THEA 203 ________
WGST 202 ________

Nature & Technology (6)
BIOS 103 (3) [Major requirement] ________
CHEM 110 (3) [Major requirement] ________
BIOS 105 or CHEM 111 (1) [Major requirement] ________

Society & Culture (6)
PSYC 102 [Major requirement] ________
See catalog for entire list of Society & Culture Courses.
Recommended courses:
EPFE 201 ________
PHHE 206, 295 ________
SOCI 170 ________

Knowledge Domain Elective (3)
Complete 3 hour elective from one of the areas above.
See catalog for entire list of Knowledge Domain Studies.

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Kinesiology Requirements (58-59)

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

Professional Core (30)
KNPE 301 Intro to Kinesiology (3) ________
+KNPE 262 First Aid and CPR (2) ________
KNPE 310 Psychological Aspects of Sport and Exer (3) ________
KNPE 346 Methods of Group Fitness Instruction (3) ________
KNPE 350 Principles and Techniques of Resist Training (3) ________
KNPE 443 Exer Therapy for Acute and Chronic Conditions (3) ________
[PRQ: BIOS 311 or 357]
*KNPE 445 Measurement & Evaluation (3) ________
[PRQ/CRQ: KNPE 452, PRQ: MATH core “C” or better]
*KNPE 463 Exer and Physical Activity across the Lifespan (3) ________
[PRQ: KNPE 452, CRQ: KNPE 493]
KNPE 493 Clinical Experience Exercise Gerontology (1) ________
[PRQ: KNPE 443]
LESM 438 Sport and Fitness Management Strategies (3) ________
or LESM 442 Promotion Sport Fitness Programs (3) ________
FCNS 306 Sports Nutrition (3) ________
or FCNS 306 (2) + KNPE 306 (1) ________
[Spring only, variable credit hour course]

Scientific Basis (12-13)
BIOS 311 Functional Human Anatomy (4) ________
or BIOS 357 Human Anat & Physiology (5) ________
*KNPE 314 Appl Kinesiology (4) ________
[PRQ: BIOS 311 or 357 and MATH core “C” or better]
*KNPE 452 Exercise Physiology (4) ________
[PRQ: BIOS 311 and MATH core “C” or better]

Choose one focus:
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 Program, Plan, Implement, Eval [PPIE][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 Physical Activity Program Eval ________

Internship (6)
KNPE 494 Internship in Kinesiology (6) ________

Requirements:
1. Minimum GPA 2.5 ________
2. Final semester coursework ________
3. First Aid/CPR certificates ________
4. Liability insurance ________
5. Internship site agreement ________
6. Internship dossier ________

+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://nsca-lift.org
www.aahperd.com
http://acsm.org/
www.americankinesiology.org/

Academic Resources

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

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

Dr. Todd Gilson            815-753-3656
KNPE Program Director       tgilson@niu.edu

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

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

NIU Information Technology            www.its.niu.edu/its/index.asp            815-753-8100
(Questions about blackboard, NIU Email account, reset password)