



DEGREE/MAJOR SEQUENCING PLAN (4 Years)

Degree/Major: BS - Kinesiology (Personal Trainer) **Catalog:** 2019-2020

Total Credit Hours: 120 **Core Hours:** 38 **Major Hours:** 82

Following this sequence increases the likelihood of completing this degree in four years' time. Dropping courses, retaking classes or registering for less than a full course load will delay graduation, so always consult your academic advisor before deviating from this suggested sequence. Students may enroll in a course only if they have met all prerequisites for that course. Check the UIW Bulletin for details. Asterisked courses must have a C or better.

	FALL SEMESTER	SPRING SEMESTER
FRESHMAN	Semester Hours: 13 DWHP 1200 - Dimensions of Wellness (2) ENGL 1311 or 1311L - Composition I (3) PHIL 1381 - Introduction to Philosophy (3) Social Sciences Course (3) PEHP 1190 - Activity Lab (1) PEHP 1147 - Tai Chi (1)	Semester Hours: 16 NUTR 2341 - Intro to Nutrition (3) ENGL 1312 - Composition II (3) History Course (3) MATH 1304 - College Algebra (3) 1000 Level Religious Studies Course (3) PEHP 1113 - Physical Conditioning (1)
SOPHOMORE	Semester Hours: 16 PEHP 3301 - Motor/Fitness Develop Children (3) PEHP 3312 - Motor/Fitness Develop Adol. (3) PEHP 2301 - Tests and Measurement (3) Modern Language Course (3) 3000+ Level Religious or Philosophy Course (3) PEHP 1114 - Weight Training (1)	Semester Hours: 16 PEHP 3302 - Motor/Fitness Develop Pre-Adol (3) PEHP 3314 - Theory of Coaching (3) ENGL 2310 - World Literature Studies (3) Modern Language Course II (3) 3000+ Level Nutrition Minor Course (3) Aquatic Activity Course (1)
JUNIOR	Semester Hours: 16 PEHP 3350 - Theory of Movement Forms (3) PEHP 3307 - Worksite Health Promotion (3) NUTR 4356 - Nutrition. and Human Perform. (3) BIOL 2321 - Anatomy and Physiology I (3) BIOL 2121 - Anatomy and Physiology I Lab (1) 3000+ Level Nutrition Course for Minor (3)	Semester Hours: 16 PEHP 3371 - Care & Prevent. of Injuries (3) PEHP 4301 - Principles of Human Move. (3) PEHP 4333 - Human Performance (3) BIOL 2322 - Anatomy and Physiology II (3) BIOL 2122 - Anatomy and Physiology II Lab (1) PEHP 3315 - Principles of Health (3)
SENIOR	Semester Hours: 13 PEHP 4345 - Psychomotor Development (3) 2 Fitness Modality Courses (2) Fine Arts Course (3) PEHP 1139 - Yoga (1) PEHP 1125 - Pilates (1) Electives (3)	Semester Hours: 14 PEHP 3305- Motor Dev, Fit and Health (3) PEHP 4395- Practical Experience (3) Fitness Modality Course (1) 3000+ Level Nutrition Course for Minor (3) Electives (4)

UNIVERSITY CORE OPTIONS

Religious/Philosophy Option(s) 1000 Level RELS Course PHIL 1381 3000+ Level RELS or PHIL Course	Fine Arts Option(s) 3 Hour Course from ARTS, ARTH, MUAP, MUSI, THAR, DANC	Mathematics Option(s) MATH 1304 or Greater
History Option(s) HIST 1311, HIST 1312, HIST 1321, HIST 1322	Social Science Option(s) PSYC 1301, SOCI 1311, ECON 2301, POLS 1315, POLS 1316, CRJU 1311	Aquatic Activity Option(s) PEHP 1118, PEHP 1119, PEHP 1132
Nutrition Minor Requirement NUTR 2341, NUTR 4356 Plus 6 credit hours upper level	Fitness Modality Option(s) PEHP 1127, PEHP 1150, PEHP 1151, PEHP 1153, PEHP 1154, PEHP 1155	Modern Language Core Option(s) 6 Hours from Same Language