

	KINS Four Year Course Cycle as of 1/16/2025	2025-2026 Academic Year Number of Sections				2026-2027 Academic Year Number of Sections				2027-2028 Academic Year Number of Sections				2028-2029 Academic Year Number of Sections			
Course	Course Title	Fall	JTerm	Spring	Total	Fall	JTerm	Spring	Total	Fall	JTerm	Spring	Total	Fall	JTerm	Spring	Total
FYEP 101	Writing Seminar	1			1	1			1	1			1	1			1
KINS 201	Introduction to Kinesiology I	1		1	2	1		1	2	1		1	2	1		1	2
KINS 202	Introduction to Kinesiology II	1		1	2	1		1	2	1		1	2	1		1	2
KINS 279	Teaching Physical Activity	1			1	1			1	1			1	1			1
KINS 301	Fitness & Recreation Programming and Delivery	1			1	1			1	1			1	1			1
KINS 302	Sport Programming & Delivery			1	1			1	1			1	1			1	1
KINS 314	Team Building for High Performance Teams	1			1	1			1	1			1	1			1
KINS 315	Body Image GE		1		1												
KINS 315, KINS 320, KINS 324, KINS 384, KINS 387, KINS 395	HEALTH & WELL-BEING COGNATE: Body Image GE, Nutrition, Health and Performance; Physical Activity and Lifespan; Foundations of Health and Fitness Promotion, Special Topics in Kinesiology (Health & Well-being focus); Health Programming and Delivery									1	1	1	3				
KINS 320	Nutrition, Health, and Performance	1			1	1			1					1			1
KINS 322	Physical Education in the Elementary School	1	1		2	1	1		2	1	1		2	1	1		2
KINS 326	Adapted Physical Activity		1		1		1		1		1		1		1		1
KINS 334	Applied Training and Conditioning			1	1												
KINS 334, KINS 411, KINS 388	Applied Training and Conditioning, Coaching Effectiveness, Special Topics in Kinesiology (Leadership and Application Focus)									1		1	2				
KINS 360	Professional Practicum	1	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3
KINS 361	Coaching Practicum	1	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3
KINS 366	Health Psychology	1	1		2												
KINS 366, KINS 386, KINS 390, KINS 488	Psychosocial Cognate: Health Psychology, Social Psychology of Sport and Physical Activity, Applied Exercise & Sport Psychology, Special Topics in Kinesiology (Psychosocial Focus)					2	1	2	1	1	1	2	4	2	1	2	1
KINS 380	Exercise Physiology	1		1	2	1		1	2	1		1	2	1		1	2
KINS 383, KINS 483, KINS 487	Biophysical Cognate: Exercise Testing and Prescription, Clinical Management for Special Populations, Special Topics in Kinesiology (Biophysical focus)			2	2		1	2	3		1	2	3		1	2	3
KINS 384	Foundations of Health and Fitness Promotion	1			1	1			1	1			1	1			1
KINS 386	Social Psychology of Sport and Physical Activity			1	1												
KINS 390	Applied Exercise & Sport Psychology			1	1			1	1							1	1
KINS 395	Health Programming & Delivery			1	1												
KINS 411	Coaching Effectiveness	1			1												
KINS 478	Motor Learning and Human Performance	1			1	1		1	2	1		1	2	1		1	2
KINS 486	Applied Biomechanics and Kinesiology			1	1	1		1	2			1	1	1		1	2
KINS 490	Curriculum, Assessment, and Instruction	1			1	1			1	1			1	1			1
KINS 495	Internship SR	1	1	1	3	1	1	1	3	1	1	1	3	1	1	1	3
FTWL 100	Personalized Fitness Program	8	2	8	18	8	2	9	19	8	2	8	18	8	2	8	18
FTWL 150- 250	Physical Activity Courses	17	7	16	41	17	8	16	41	17	7	17	41	16	6	16	38
FTWL 276	Special Topics in Physical Activity		1	1	2						1	1	2		1	1	2