GENERAL EDUCATION REQUIREMENTS

Foundation Studies (12)
COMS 100

Required Grade of “C” or better
ENGL 103
ENGL 203A, 203B, 203C, or 203D

or ENGL 204 [if placed into ENGL 204]
MATH 101, 155, 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)
See catalog for entire list of Creativity & Critical Analysis Courses.
ANTH 102, 210
ARTH 282, 292, 294, 340, 350
COMS 203, 220, 230, 356, 480
ENGL 110, 115, 116, 117 310, 315, 340, 350
EPFE 321, 400, 410, EPS 300, 430
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 (3) [Major requirement]
See catalog for entire list of Society & Culture Courses. Recommended courses:
LESM 365 (3)
[Writing Infused Course]

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

WRITING INFUSED GRADUATION REQUIREMENT
Students entering NIU with 30 or fewer credit hours, excluding credits awarded through NIU’s Credit by Examination Program, must earn credit in two upper-division courses that are designated as: “writing-infused.”

HUMAN DIVERSITY REQUIREMENT
All undergraduate students must complete the human diversity baccalaureate requirement either through a designated human diversity course, OR a non-course based experience that is designated as “human diversity.”

KINESIOLOGY

KINESIOLOGY REQUIREMENTS (58-59)

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

Professional Core (30)
KNPE 300 Field Exp Kinesiology (1)
KNPE 301 Intro to Kinesiology (3)
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)

*KNPE 445 Measurement & Evaluation (3)

*KNPE 463 Exer and Physical Activity across the Lifespan (3)

*KNPE 493 Clinical Experience Exercise Gerontology (2)

LESM 438 Sport and Fitness Management Strategies (3)

or LESM 442 Promotion Sport Fitness Programs (3)

NUTR 306 Sports Nutrition (3)

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)

[PRQ: “C” or better in KNPE 452]

KNPE 464 Scientific Basis of Exer Prescription and Prog (3)

[PRQ: “C” or better in KNPE 452]

[Writing Infused Course]

KNPE 465 Phys Act Prog, Promot, Implement, & Eval (3)

[PRQ: “C” or better in KNPE 452]

Performance focus (10):

KNPE 470 High Performance (4)

[PRQ: “C” or better in KNPE 452]

KNPE 472 Periodization (3)

[PRQ: “C” or better in KNPE 452]

LESM 365 Com Strategies Sport Exercise (3)

[Writing Infused Course]

Sport Management focus (10):

LESM 341 Admin Intercollegiate Athletics (1)

LESM 365 Com Strategies Sport Exercise (3)

[Writing Infused Course]

LESM 438 Sport Fitness Mgmt Strategies (3)

or LESM 442 Promot Sport Fitness Programs (3)

KNPE 465 Phys Act Prog, Promot, Implement, & Eval (3)

[PRQ: “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. Current First Aid/CPR certificates
4. Liability insurance
5. Internship site agreement
6. Internship dossier

+ Both first aid and CPR certifications are required to complete KNPE 494 Internship in Kinesiology The KNPE department will not accept first aid or CPR online certifications.

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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 NIU Kinesiology students are interested in preparing for graduate or additional education in areas such as Exercise Physiology, Exercise and Sports Psychology, Sports Management, Athletic Training, 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.americankinesiology.org/
www.bls.gov/bls/blswage.htm
http://nsca-lift.org
www.aahperd.com
http://acsm.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

Al Vest                            Anderson Hall 222                      815-753-9088
Internship Contact

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