

CATALOG 2022-2023
OVERALL GPA 2.50

BACHELOR OF SCIENCE (B.S.)
KINESIOLOGY

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] (General Ed Credit)	_____
BIOS 105 (1) [Major requirement]	_____

Society & Culture (6)

PSYC 102 (3) [Major requirement]	_____
See catalog for entire list of Society & Culture Courses. Recommended courses:	
KNPE 305 (3) or KNPE 310 (3) [Writing Infused Courses]	_____

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 Requirements (63-64)

Kinesiology majors are required to earn a "C" or better in all Kinesiology required courses

Professional Core (31)

KNPE 300	Field Exp Kinesiology (1)	_____
	[CRQ: KNPE 301]	
KNPE 301	Intro to Kinesiology (3)	_____
	[CRQ: KNPE 300]	
KNPE 305	Psych and Soc Aspects of Exer and Phy Act (3)	_____
	(PRQ: PSYC 102 or PSYC 219)	
	(Writing Infused Course)	
OR		
KNPE 310	Psych Aspects of Sport and Exer (3)	_____
	[PRQ: PSYC 102]	
	(Writing Infused Course)	
KNPE 350	Principles and Techniques of Resist Training (3)	_____
KNPE 443	Exer Therapy for Acute and Chronic Conditions (3)	_____
	[PRQ: BIOS 311 or BIOS 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 443, CRQ: KNPE 493]	
	(Human Diversity Course)	
KNPE 464	Scientific Basis of Exer Prescription and Prog (4)	_____
	(Writing Infused Course)	
KNPE 469	Professional Prep in Kinesiology (3)	_____
	[PRQ: Senior status or department consent]	
KNPE 493	Clinical Experience Exercise Gerontology (2)	_____
	[PRQ: KNPE 443, CRQ: KNPE 463]	
NUTR 306	Nutr in Rel to Health and Exer (3) (Spring Only)	_____

Scientific Basis (16)

BIOS 357	Human Anat & Phys (5)	_____
	[PRQ: BIOS 103 & BIOS 105 or BIOS 208 & BIOS 210 + CHEM 110]	
KNPE 314	Appl Kinesiology (4)	_____
	[PRQ: BIOS 357 and MATH core]	
KNPE 452	Exercise Physiology (4)	_____
	[PRQ: KNPE 357 and MATH core]	
KNPE 486	Prin of Motor Learn and Performance (3)	_____
	(Jr. Standing or department consent)	

CHOOSE three of the following four courses (10-11)

KNPE 461	Phys Activity and Wellness (3)	_____
	[PRQ: Jr. Standing or department consent]	
KNPE 462	Clinical Exercise Physiology (4)	_____
KNPE 471	High Performance Training (4)	_____
	[PRQ: KNPE 350]	
LESM 438	Sport Fitness Mgmt Strategies (3)	_____
	[Jr. Standing or department consent]	

INTERNSHIP (6)

KNPE 494	Internship in Kinesiology (6)	_____
	[PRQ: Complete ALL of the Kinesiology program requirements above with a "C" or better]	

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.

Suggested minors: Nutrition, Sport Management, Business

A minimum of 120 credits must be completed to earn a bachelor's degree. Consult your academic advisor to determine any additional elective course work required to meet the minimum of 120 credits.

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/ - click career center
www.bls.gov/bls/blswage.htm
<http://nsca.com/>
<https://www.shapeamerica.org/>
<http://acsm.org/>
<https://www.bls.gov/ooh/healthcare/>

Academic Resources

Anthony Calderala (Last name A-J) KNPE Academic Advisor	Anderson Hall 215	815-753-1407 acalderala@niu.edu
Joseph Curran (Last name K-Z) KNPE Academic Advisor	Anderson Hall 214	815-753-1407 jcurran2@niu.edu
Shaine Henert Program Director	Anderson Hall 236	815-753-6358 shenert@niu.edu
Dr. Todd Gilson KNPE Department Chair	Anderson Hall 223	815-753-9399 tgilson@niu.edu
Huskie Academic Support	https://www.niu.edu/academic-support/index.shtml	815-753-6636
NIU Information Technology (Questions about blackboard, NIU Email account, reset password)	https://www.niu.edu/doit/help/index.shtml	815-753-8100
NIU Writing Center	http://www.niu.edu/uwc/	815-753-6636
Disability Resource Center (DRC) Health Services, 4 th Floor	https://niu.edu/disability/	815-753-1303