### 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
- EPPE 321, 400, 410, EPS 300, 430
- FLCI 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 [Major requirement]
- CHEM 110 [Major requirement] (General Ed Credit)
- BIOS 105 [Major requirement]

**Society & Culture (6)**
- PSYC 102 [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.

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### 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.”

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### BACHELOR OF SCIENCE (B.S.) KINESIOLOGY

**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) (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)
- LEMS 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

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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  
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)  
https://niu.edu/disability/  
815-753-1303

Health Services, 4th Floor