BACHELOR OF SCIENCE (B.S.)
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) [CRQ: KNPE 301] ___
KNPE 301 Intro to Kinesiology (3) [CRQ: KNPE 300] ___
KNPE 310 Psych Aspects of Sport and Exer (3) [PRQ: PSYC 102] ___
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) [PRQ: BIOS 311 or 357] ___

*KNPE 445 Measurement & Evaluation (3) ___

*KNPE 463 Exer and Physical Activity across the Lifespan (3) [PRQ: KNPE 443, “C” or better in KNPE 452, CRQ: KNPE 493] (Human Diversity Course) ___

KNPE 493 Clinical Experience Exercise Gerontology (2) ___

LESM 438 Sport and Fitness Management Strategies (3) [Jr. Standing or department consent] ___
or LESM 442 Promotion Sport Fitness Programs (3) [PRQ: MKTG 295 + Jr. Standing or department consent] ___

NUTR 306 Sports Nutrition (3) [Spring Only] ___

Scientific Basis (12-13)
BIOS 311 Functional Human Anatomy (4) [PRQ: Soph standing] ___
or BIOS 357 Human Anat & Phys (5) [PRQ: BIOS 103 + BIOS 105 + CHEM 110] ___

*KNPE 314 Appl Kinesiology (4) [PRQ: BIOS 311 or 357 and MATH core] ___

*KNPE 452 Exercise Physiology (4) [PRQ: BIOS 311 or 357 and MATH core] ___

CHOOSE ONE FOCUS

Wellness focus (10):
KNPE 461 Phys Activity and Wellness (3) [PRQ: Jr. Standing or department consent] ___

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) ___

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 360 Sport Event and Facility Mgmt (3) ___

LESM 365 Com Strategies Sport Exercise (3) [Writing Infused Course] ___

LESM 438 Sport Fitness Mgmt Strategies (3) [Jr. Standing or department consent] ___
or LESM 442 Promotion Sport Fitness Programs (3) [PRQ: MKTG 295 + Jr. Standing or department consent] ___

INTERNSHIP (6)
KNPE 494 Internship in Kinesiology (6) ___

(Writing Infused Course)

(INTERNSHIP REQUIREMENTS CONTINUED ON BACK OF SHEET)
<table>
<thead>
<tr>
<th>Requirements:</th>
<th>Internship in Kinesiology The KNPE department will not accept first aid or CPR online certifications.</th>
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<tbody>
<tr>
<td>1. Minimum GPA 2.5</td>
<td>+ Both first aid and CPR certifications are required to complete KNPE 494</td>
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<tr>
<td>2. Final semester coursework</td>
<td>Internship dossier</td>
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<td>3. Current First Aid/CPR certificates</td>
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<td>4. Liability insurance</td>
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<td>5. Internship site agreement</td>
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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/](http://www.americankinesiology.org/) - click career center
- [www.bls.gov/bls/blswage.htm](http://www.bls.gov/bls/blswage.htm)
- [http://nsca-lift.org](http://nsca-lift.org)
- [www.aahperd.com](http://www.aahperd.com)
- [http://acsm.org/](http://acsm.org/)

**Academic Resources**

Anthony Calderala (Last name A-F)  
KNPE Academic Advisor  
Anderson Hall 214  
815-753-1407  
acalderala@niu.edu

Whitney Harris (Last name G-Z)  
KNPE Academic Advisor  
Anderson Hall 215  
815-753-1407  
wharris3@niu.edu

Dr. Chad McEvoy  
KNPE Department Chair  
Anderson Hall 223  
815-753-1409  
cmcevoy@niu.edu

Al Vest  
Internship Contact  
Anderson Hall 222  
815-753-9088  
avest@niu.edu

General Tutoring (ACCESS)  
[www.niu.edu](http://www.niu.edu), A-Z index, T, tutoring

NIU Information Technology  
(Questions about blackboard, NIU Email account, reset password)  
[www.its.niu.edu/its/index.asp](http://www.its.niu.edu/its/index.asp)  
815-753-8100

NIU Writing Center  
[http://www.niu.edu/uwc/](http://www.niu.edu/uwc/)  
815-753-6636

Disability Resource Center (DRC)  
Health Services, 4th Floor  
[https://niu.edu/disability/](https://niu.edu/disability/)  
815-753-1303