

Program Completion Plan (Eight Semester Plan)

Department: _____ Kinesiology and Physical Education _____ **Degree:** _____ BS _____
Program/Major: _____ Kinesiology¹ _____
Track/Emphasis: _____ N/A _____
Does this program require a minor? (Yes/No) _____ Yes² _____

Important program information in the online *Undergraduate Bulletin*:

UCA Core Requirements: <http://uca.edu/ubulletin2014/general-policies-information/uca-core/>³
Degree Requirements: <http://uca.edu/ubulletin2014/general-policies-information/degree-requirements/>
Program Description: <http://uca.edu/ubulletin2014/colleges-departments-programs/college-of-health-and-behavioral-sciences/departments/department-of-kinesiology-and-physical-education/bachelor-of-science-in-kinesiology/>
Course Descriptions: <http://uca.edu/ubulletin2014/courses/>

This degree program requires a total of 120 semester credit hours, including at least 40 upper-division credit hours.

Comparable courses in the Arkansas Course Transfer System (ACTS) are cross-referenced in the ACTS column of each semester block below; a [core link](http://uca.edu/go/ubulletin2014-ldcore/) (<http://uca.edu/go/ubulletin2014-ldcore/>) takes the user to the *Undergraduate Bulletin*'s UCA Core page, where UCA Core options and ACTS course numbers are listed in full; an [acts link](http://uca.edu/go/acts/) takes the user to the *Undergraduate Bulletin*'s ACTS page (<http://uca.edu/go/acts/>) for additional information and a full UCA-ACTS crosswalk.

Year 1

Fall – Semester 1 (credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
WR TG	1310	Intro to College Writing ⁴	3	ENGL1013
KPED	1320	Concepts of Lifetime Health and Fitness ⁵	3	
PSYC SPCH	1300 OR 1300	General Psychology OR Basic Oral Communication ⁶	3	PSYC1103 SPCH1003
BIOL	1400 OR 1440	Biology for General Education OR Principles of Biology I ⁷	4	BIOL1004 BIOL1014
		UCA Core (Diversity in World Cultures – Social Science only) ⁸	3	core link

Spring – Semester 2 (credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
WR TG ENGL	1320 1320	Academic Writing and Research or Interdisciplinary Writing and Research or Other approved alternative	3	ENGL1023 ENGL1023
PSYC SPCH	1300 OR 1300	General Psychology OR Basic Oral Communication	3	PSYC1103 SPCH1003
		UCA Core (Inquiry and Analysis: American History and Government)	3	core link
MATH	1390 OR Higher	College Algebra OR Approved Higher Level Mathematics Course	3	MATH1103 core link
		UCA Core (Natural Sciences: Physical Sciences) ⁹	4	core link

Year 2**Fall – Semester 3 (credit hours: 15)**

SUBJ	NUM	TITLE	SCH	ACTS
		BS Science/ Math – Special Degree Requirement ¹⁰	3-4	acts link
KPED	2300	Principles of Kinesiology and Physical Education	3	
		UCA Core – (Diversity in Creative Works or Inquiry and Analysis: Fine Arts / Humanities) ¹¹	3	core link
NUTR	1300	Nutrition in the Life Cycle	3	
KPED	1125 AND 1135 OR 2212 OR 2213 OR 2214	Conditioning Activities AND Beginning Weight Training ¹² OR Teaching Bowling and Golf OR Teaching Archery and Badminton OR Teaching Tennis	2	

Spring – Semester 4 (credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
		UCA Core –(Inquiry and Analysis: Fine Arts / Humanities or Diversity in Creative Works) ²	3	core link
		BS Science/Math – Special Degree Requirement	3-4	acts link
KPED	2381	Anatomical Kinesiology	3	
KPED	2340	Motor Development and Learning	3	
FACS OR NUTR		Minor Elective Course	3	

Year 3**Fall – Semester 5 (credit hours: 14)**

SUBJ	NUM	TITLE	SCH	ACTS
KPED	4300	Exercise Physiology	3	
KPED	4271	Workshop: Group Exercise	2	
NUTR	4315	Sports Nutrition	3	
KPED	4395	Sport in American Society	3	
		Related Requirement ¹³	3	

Spring – Semester 6 (credit hours: 16)

SUBJ	NUM	TITLE	SCH	ACTS
KPED	3316	Curriculum	3	
KPED	4271	Workshop: Exercise Leadership	2	
KPED	4371	Workshop: Fitness for the Senior Population	3	
KPED	4320	Measurement and Evaluation in Human Performance	3	
KPED	3331	Care and Prevention of Exercise and Sports Injuries	3	
KPED	4230	Fitness Assessments and Exercise Prescription	2	

Year 4**Fall – Semester 7 (Credit hours: 15)**

SUBJ	NUM	TITLE	SCH	ACTS
KPED	4310	Methods and Materials of Secondary Physical Education	3	
KPED	4351	Physical Education Administration	3	
KPED	4371	Workshop: Special Populations	3	
KPED	3382	Mechanical Kinesiology	3	
FACS or NUTR		Minor Elective Course	3	

Spring – Semester 8 (Credit hours: 12)

SUBJ	NUM	TITLE	SCH	ACTS
KPED	4371	Workshop: Internship in Exercise Science	3	
NUTR	3370	Advance Nutrition	3	
FACS or NUTR		Minor Elective Course	3	
KPED	4271	Workshop: Professional Certification	2	
KPED		Elective course ¹⁴	1	

 SIGNED – DEPARTMENT CHAIR

 DATE

 SIGNED – COLLEGE DEAN

 DATE

To be completed by the advisor when an Eight-Semester Plan is accepted by the student:

If applicable, has student selected a minor? Type “x” as appropriate. _____ No _____ Yes

If “yes,” specify: _____

Notes

¹ A major in Kinesiology is required. A major grade point average of 2.0 or higher on a 4.0 scale is required to complete the degree. The major consists of 52 credit hours. A grade of C or better is required in all major courses.

² This Program Completion Plan includes 18 credit hours in the Family and Consumer Science minor. A minor grade point average of 2.0 on a 4.0 scale is required for completion of the degree. A Grade of C or better is required in all minor courses. An 18-hour minor in Family Consumer Science is required. A grade point average of 2.0 or higher is required for completion of the degree.

³ See appropriate choices, alternatives, or substitutions, under “UCA Core” in the *Undergraduate Bulletin*. During the first year a student must complete a UCA Core course designated as a First-Year Seminar (FYS) in Critical Inquiry, Diversity or Responsible Living. If the ACT sub-score in Reading, English, or Mathematics is below 19, remediation is required before enrolling in certain UCA Core courses. Students needing remediation in reading or writing may not enroll in a FYS until they have completed their remediation. Students must take at least one course in the Fine Arts (designated FA) and one course in Humanities (designated HUM) as part of their lower division core requirements. A lab science (BIOL 1400 or a Physical Science) and MATH 1360/MATH 1390 should be taken in the first year if possible. The student will also need to complete

Notes – *continued*

major, minor or general elective courses designated as fulfilling the upper-division and capstone requirements of the UCA Core. Courses may be used only once to satisfy the UCA Core.

⁴ WRTG 1310 must be taken on initial enrollment unless the requirement was already met or remediation is required.

⁵ It is recommended that students complete an FYS section of KPED 1320. If an FYS section of the course is not available, students may complete a traditional section of KPED 1320. Students should consult their advisor to ensure they complete an FYS section of a course from either Critical Inquiry courses or a Social Science course (designated SS) within Diversity – World Cultures. An FYS course in Critical Inquiry, Diversity or Responsible Living must be completed during the first year to meet UCA Core Requirements.

⁶ Both PSYC 1300 and SPCH 1300 are required courses. One can be taken semester 1 and the other during semester 2.

⁷ BIOL 1440 requires the following prerequisites: High school chemistry or CHEM 1301 (or above) and a composite ACT score of 21 or higher or BIOL 1400 and CHEM 1301 (or above) both with a grade of C or higher. Students not meeting the prerequisite requirements must have permission of the Biology Department Chair prior to enrollment.

⁸ In addition to PSYC 1300 – General Psychology, students must complete an additional Social Science course (designated SS) in Diversity - Diversity in World Cultures. Students in consultation with their advisor should refer to the current *Undergraduate Bulletin* and the UCA Lower Division General Education Check Sheet in selecting an appropriate SS course.

⁹ It is recommended that students take CHEM 1402 or CHEM 1450 as they are pre-reqs for BIOL 2406. Students can take any Physical Science course listed in the UCA Core lower division category except for PHYS 1401. PHYS 1401 is the only course listed that would not fulfill the pre-requirement for KPED 3382.

¹⁰ Depending on the math or science courses selected to satisfy the special degree requirements for a Bachelor of Science, the student will need to adjust the number of general elective hours in this PCP. For further details about the BS Science/Math requirement, see the *Undergraduate Bulletin*, “Degree Requirements” 2.2.5, Bachelor of Science. The program recommends students complete two 4-hour science courses (Biology, Chemistry, or Physics) beyond the lower division core requirements to fulfill the special degree requirements. It is recommended if students have CHEM 1402 or CHEM 1450 they complete BIOL 2406 and BIOL 2407 for their special degree requirements.

¹¹ Students must complete at least one (1) Humanities (HUM) and one (1) Fine Arts (FA) course as part of the lower division CORE requirements. These courses must be completed from the CORE Diversity in Creative Works category and the other from the CORE Critical Inquiry section - Fine Art / Humanities category. Students should note the following humanities courses have prerequisites: CHIN 2320 – Intermediate Chinese II or FREN 2320 - Intermediate French II or GERM 2320 – Intermediate German II or SPAN 2320 – Intermediate Spanish III.

¹² Students must enroll in a section designated for Kinesiology students. It is recommended that students enroll in KPED 1125 and KPED 1135 during the same semester.

¹³ It is recommended that students complete a three-hour upper-division course from a cognate area that supports students’ career interests.

¹⁴ It is recommended for students to enroll in an upper-division one-hour KPED workshop course that is approved by the academic advisor.