



ELIZABETH CITY STATE UNIVERSITY

Curriculum Guide
for
Bachelor of Science Degree: Kinesiology (Fitness and Wellness)

ASSOCIATE OF ARTS DEGREE: Universal General Education Transfer Component (UGETC)

First two years (Freshman and Sophomore) to be completed at community college.

<u>Community College Course #</u>	<u>Hours</u>	<u>Community College Course Title</u>	<u>Elizabeth City State University Equivalency</u>	<u>Hours</u>	<u>Comments</u>
<u>English Composition</u>	6 SHC	<i>The following two English composition courses are required.</i>			
ENG 111	3 SHC	Writing and Inquiry	ENGL 102 Eng. Comp & Grammar	3 SHC	Required by Gen. Ed.
ENG 112	3 SHC	Writing/Research in the Disciplines	ENGL 103 Eng. Comp & Vocab.	3 SHC	Required by Gen. Ed.
<u>Social/ Behavioral Science</u>	9 SHC				
		<i>A. Choose one (1) course from the courses below:</i>			
HIS 111	3 SHC	World Civilization I	HIST 140 World Civ. I	3 SHC	
HIS 112	3 SHC	World Civilization II	HIST 141 World Civ. II	3 SHC	

		<i>B. Choose two (2) courses from the courses below (students may not choose 2 courses with HIST prefix):</i>			
HIS 131	3 SHC	American History I	HIST 255 American History to 1877	3 SHC	
HIS 132	3 SHC	American History II	HIST 256 American History Since 1877	3 SHC	
ECO 251 ECO 252 POL 120	3 SHC 3 SHC 3 SHC	Principles of Microeconomics Principles of Macroeconomics American Government	ECON 201 Prin. of Econ. I ECON 202 Prin. of Econ. II POLS 298 American National Government	3 SHC 3 SHC 3 SHC	
PSY 150 SOC 210	3 SHC 3 SHC	General Psychology Intro to Sociology	PSY 212 General Psychology SOC 201 Intro to Sociology	3 SHC 3 SHC	
<u>Humanities/Fine Arts</u>	<u>5 SHC</u>	<i>Select two courses from the following from at least two different disciplines.</i>			
			<i>A. Choose one (1) course from the courses below:</i>		
ENG 131	3 SHC	Intro. to Literature	ENGL 201 World Literature I	3 SHC	Required by Gen. Ed.
ENG 252	3 SHC	Western World Literature II	or ENGL 202 World Literature II	3 SHC	
		<i>Select two courses from the following from at least two different disciplines.</i>			
<u>Communications</u> COM 231	3 SHC	Public Speaking	SPCH 314 Public Speaking	3 SHC	
<u>Humanities/Fine Arts</u> ART 111	3 SHC	Art Appreciation	ART 130 Art Appreciation	2 SHC	
ART 114	3 SHC	Art History Survey I			
ART 115	3 SHC	Art History Survey II			
ENG 231	3 SHC	American Literature I	ENGL 201 World Literature I	3 SHC	
ENG 232	3 SHC	American Literature II	ENGL 202 World Literature II	3 SHC	

MUS 110	3 SHC	Music Appreciation	MUS 135 Intro to Music	2 SHC	
MUS 112	3 SHC	Introduction to Jazz			
PHI 215	3 SHC	Philosophical Issues	Social/Behavioral Science Elective	3 SHC	
PHI 240	3 SHC	Introduction to Ethics	BUAD 240 Ethics	3 SHC	
Mathematics	3-4 SHC		<i>Select one course from the following.</i>		
MAT 143	3 SHC	Quantitative Literacy	MATH 114 Mathematics for Liberal Arts	3 SHC	
MAT 171	4 SHC	Pre-calculus Algebra	MATH 115 College Algebra	3 SHC	
Nat. Sciences	4 SHC	<i>(Select one course)</i>	<i>Choose one (1) course and a corresponding lab from below or BIOL 101 or GEOL 140:</i>		
AST 111/111A	4 SHC	Descriptive Astronomy I/Lab	Natural Science Elective	4 SHC	
AST 151/151A	4 SHC	General Astronomy I/Lab	Natural Science Elective	4 SHC	
BIO 110	4 SHC	Principles of Biology	BIOL 155/155L Principles of Biological Science/Lab	4 SHC	
BIO 111	4 SHC	General Biology I	BIOL 101/101L General Biology for Majors/Lab	4 SHC	
CHM 151	4 SHC	General Chemistry I	CHEM 101/101/L General Chemistry/Lab	4 SHC	
GEL 111	4 SHC	Introduction to Geology	Natural Science Elective	4 SHC	
PHY 110/110A	4 SHC	Conceptual Physics and Lab	PHYS 182/182L General Physics II/Lab	4 SHC	
Total UGETC Hours	29-30 SHC				

<u>Additional GE Courses</u>	<u>6 SHC</u>				
PED	2 SHC	Physical Activity	Physical Activity	1 SHC	Required by Gen. Ed.
HEA 110	3 SHC	Personal Health & Wellness	HLTH 185 Health Concepts	2 SHC	Required by Gen. Ed.
<i>Total General Education Hours Required</i>				<u>Min 35 SHC</u>	
<u>Academic Transition</u>	<u>1 SHC</u>	<i>The following course is required.</i>			
ACA 122	1 SHC	College Transfer Course	GE 122 Freshman Seminar	1 SHC	Required by CAA.
<i>Total Semester Hours in Program</i>	<u>60-61 SHC</u>				

The Junior and Senior years will be completed at Elizabeth City State University.

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			<i>(Complete 23 credit hours from the following courses:)</i>		
			KIN 239 Intro. to PE	2 SHC	Major Core Requirement.
			PE 300 Exercise Physiology	3 SHC	Major Core Requirement.
			KIN 370 Kinesiology	3 SHC	Major Core Requirement.
			KIN 416 Advanced Kinesiology	3 SHC	Major Core Requirement.
			HLTH367 First Aid, CPR, and Safety	3 SHC	Major Core Requirement.
			HLTH 369 Principles of Nutrition	3 SHC	Major Core Requirement.
			PHS 110 Intro. to Public Health	3 SHC	Major Core Requirement.
			PHS 210 Community Health, Safety, and Disease	3 SHC	Major Core Requirement.
			PE 241 Individual and Dual Sports	2 SHC	Major Core Requirement.
			<i>(8 credit hours: select 8 credits from the following courses:)</i>		
			KIN 240 Team Sports	2 SHC	Core Electives.
			PE 307 Teaching Lifetime Leisure Pursuits	2 SHC	Core Electives.
			KIN 368 Prevention and Care of Athletic Injuries	2 SHC	Core Electives.
			KIN 401 Motor Learning and Motor Behavior	3 SHC	Core Electives.

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			KIN 403 Research in Physical Education	3 SHC	Core Electives.
			PE 470 Adapted PE	3 SHC	Core Electives.
			PESM 312 Legal Issues of Sport/Rec	3 SHC	Core Electives.
			PESM 411 Facilities Management	3 SHC	Core Electives.
			PHS 310 Environmental Health and Sanitation	3 SHC	Core Electives.
			PHS 410 Public Health and Bioterrorism	3 SHC	Core Electives.
			<i>Semester 7: (15 credit hours)</i>		
			KIN 210 w/Lab Applied Anatomy and Physiology/Lab	4 SHC	Related Area Requirements.
			KIN 241 Individual and Dual Sports	3 SHC	Related Area Requirements.
			KIN 375 Management of Physical Education Athletic Programs	3 SHC	Related Area Requirements.
			PESM 212 Intro to Sport Psychology	3 SHC	Related Area Requirements.
			PESM 313 Governance in Sport	3 SHC	Related Area Requirements.
			PESM 410 Organization and Management	3 SHC	Related Area Requirements.
			PESM 420 ~425 Public Health Field Experience	6 SHC	Related Area Requirements.

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			<i>(Complete 18 credit hours from the courses:)</i>		
			KIN 379 Lifestyle, Weight Management, and Health Coaching	3 SHC	Concentration Core Requirement.
			KIN 383 Aquatics and Fitness Instruction	3 SHC	Concentration Core Requirement.
			KIN 388 Lifesaving	3 SHC	Concentration Core Requirement.
			KIN 389 Water Safety Instruction	3 SHC	Concentration Core Requirement.
			KIN 407 Group Exercise Instruction	3 SHC	Concentration Core Requirement.
			KIN 478 Pool Operation & Maintenance	3 SHC	Concentration Core Requirement.
			<i>(Complete 12 credit hours of "Free Electives")</i>		
			Free Electives.		Elective Courses.
			<u>Total ECSU Semester Credit Hours Completed</u>	<u>85 SHC</u>	
			<u>Total Semester Credit Hours Completed for Degree</u>	<u>120 SHC</u>	
			Reviewed by: Dr. Bounj Jin Kang		Approved Feb. 6, 2018