

Student Name _____ ID# _____ Phone _____ Email _____

Course	Hrs.	Semester	Grade	Course	Hrs.	Semester	Grade
(Prerequisites in brackets)				<u>ELECTIVES</u> (9 Hours of Approved Major electives are required)			
KIN 318 must be completed with a B or better prior to enrollment in other 300- or 400- level Kinesiology courses. Only KIN 318 may be taken prior to program admission.				_____			
KIN 300	Strength Training & Conditioning	3	_____	_____	_____	_____	_____
KIN 315	Functional Anatomy [BIOL 111]	3	_____	_____	_____	_____	_____
KIN 316	Biomechanics of Human Movement	3	_____	_____	_____	_____	_____
KIN 318	Introduction to Exercise & Wellness	3	_____	_____	_____	_____	_____
KIN 410	Exercise for Special Populations	3	_____	_____	_____	_____	_____
KIN 412	Body Comp. [KIN 420 or concurrent]	3	_____	_____	_____	_____	_____
KIN 414	Exercise Adherence	3	_____	_____	_____	_____	_____
KIN 416	Ex. Assess. & Programming [KIN 420]	3	_____	_____	_____	_____	_____
KIN 418	Physical Activities/Pub. Hlth [KIN 410]	3	_____	_____	_____	_____	_____
KIN 420	Physio. Effects of Motor Act. [KIN 315]	3	_____	_____	_____	_____	_____
KIN 426	Adv. Physiological Effects of Motor Activity [KIN 420]	3	_____	_____	_____	_____	_____
KIN 445	Org. & Mgmt. of Wellness Programs	3	_____	_____	_____	_____	_____
KIN 460	Internship in ExWe [KIN 420 & Consent]	3	_____	_____	_____	_____	_____
KIN 464	Senior Seminar in Ex. & Well. [KIN 420]	3	_____	_____	_____	_____	_____
HED 201	Healthful Living	3	_____	_____	_____	_____	_____
HED 334	First Aid	2	_____	_____	_____	_____	_____
HED 360	Nutrition, Exercise and Weight Control [HED 201]	3	_____	_____	_____	_____	_____
				ADDITIONAL REQUIREMENTS			
				GPA and GRADE Requirements			
				Students must maintain a 2.75 minimum GPA. If the GPA falls below 2.75, students have one term of probation to return to 2.75 or be dropped from program. Beyond the one term of probation, enrollment in new or repeated 300- and 400-level Kinesiology courses is not allowed for students who are not admitted or not in good standing with the program. All Kinesiology courses must be completed with a C or better.			
				Credit Hour Requirements for Graduation			
				124 Hours are required for graduation. 60 Hours are required to be from a four year college or university. 30 Hours must be completed at SIUE.			
				Apply for Graduation from SIUE when you have completed 90 hours. This is approximately one year prior to graduation.			
				10/1/07			

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**BACHELOR OF SCIENCE
EXERCISE AND WELLNESS**

Declaration Criteria

To be admitted into the Exercise and Wellness major, students must:

- (a) earn a grade of C or better in Biology 111 or its equivalent
- (b) earn a C or better in Chemistry 120a and Chemistry 124a or their equivalents
- (c) earn a B or better in KIN 318, Introduction to Exercise and Wellness
- (d) have a cumulative grade point average of 2.75 or higher.

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GENERAL EDUCATION REQUIREMENTS (Courses in **bold type** are required, *italicized courses* are recommended by the Exercise & Wellness Program)

Course	Hrs.	Semester	Grade	Course	Hrs.	Semester	Grade
<u>SKILLS</u> (15 hours)				<u>DISTRIBUTION LEVEL</u> (10 hours)			
ENG 101	3	_____	_____	<u>Fine Arts and Humanities</u>			
ENG 102	3	_____	_____	PHIL 321 or SPC 201 _____	3	_____	_____
SPC 103 OR 105	3	_____	_____	<u>Natural Sciences and Math</u>			
CMIS 108 OR STAT 107	3	_____	_____	BIOL 240b	4	_____	_____
MATH 106 OR PHIL 106	3	_____	_____	<u>Social Sciences</u> _____	3	_____	_____
<u>INTRODUCTORY</u> (20 hours)				<u>OTHER UNIVERSITY REQUIREMENTS</u> (3 - 9 hours)			
<u>Fine Arts and Humanities</u>				Intergroup Relations Course _____ (3) _____			
One of ART 111, ENG 111, MUS 111, PHIL 111, SPC 111, THEA 111, or FL 111	3	_____	_____	International Culture/Issues Course _____ (3) _____			
<u>Natural Sciences and Math</u>				Interdisciplinary Studies Course _____ 3 _____			
BIOL 111 (C or better)	3	_____	_____	The General Education program at SIUE (except Interdisciplinary Studies Course), may be satisfied by completing an AA/AS Degree from IAI schools (www.itransfer.org), or by appropriate transfer course work, or by completing courses at SIUE.			
CHEM 120a and CHEM 124a (Lab) (C or better)	4	_____	_____				
BIOL 240a (C or better)	4	_____	_____				
<u>Social Sciences</u>							
<u>PSYC 111</u>	3	_____	_____				
<u>SOC 111</u>	3	_____	_____				