

Kinesiology studies all aspects of human movement—from the cellular level to the level of global physical cultures. The Kinesiology bachelor's degree prepares students for careers in physical education, fitness and wellness programs, clinical and hospital-based fitness and wellness centers, and cardiac rehabilitation. Students can choose from two major specializations: Pre-Professional and Applied. For more information, see http://www.uri.edu/hss/physical_education/Undergra%20Exe%20Description.html

SEMESTER 1	CREDITS
Gen Ed	3
Gen Ed	3
KIN 123	3
BIO 101/103	4
URI 101	1
TOTAL CREDITS	14

SEMESTER 1 MILESTONES
Overall GPA 2.00
Complete URI 101
Complete BIO 101/103
Meet with advisor

SEMESTER 2	CREDITS
KIN 275	3
Gen Ed	3
BIO 121	4
Gen Ed	3
Gen Ed	3
TOTAL CREDITS	16

SEMESTER 2 MILESTONES
Overall GPA 2.00
Recommend completing BIO 121 (prerequisite for courses)
Meet with advisor
Move from UC to HSS (overall GPA 2.00, complete 24 credits, and complete BIO 101/103)
Complete 30 credits (or consider summer/winter J-term courses)

SEMESTER 3	CREDITS
KIN 278	3
Free elective	3-4
BIO 242	3
KIN 125	2
Gen Ed	3
Gen Ed	3
TOTAL CREDITS	17-18

SEMESTER 3 MILESTONES
Overall GPA 2.00
Recommend completing BIO 242 (prerequisite for courses)
Decide on pre-professional or applied exercise science specialization (sub plan)

SEMESTER 4	CREDITS
KIN 370	3
CHM 103	3
KIN 300/301	4
KIN 369	3
Gen Ed	3
TOTAL CREDITS	16

SEMESTER 4 MILESTONES
Overall GPA 2.00; KIN GPA 2.50 (required for internship)
Complete KIN 300/301 (prerequisite for KIN 320/325)
Attend mandatory sophomore meeting with HSS Dean
Complete 60 credits (or consider summer/winter J-term courses)

SEMESTER 5	CREDITS
KIN 325	3
KIN 425	3
Gen Ed	3
Professional elective ¹	3
KIN 390	2
TOTAL CREDITS	17

SEMESTER 5 MILESTONES
Declare and complete form for minor area of study (optional)
Complete KIN 390 (Internship seminar)

SEMESTER 6	CREDITS
KIN 381	3
Gen Ed	3
KIN 420	3
Professional elective ¹	3
Free elective	3-4
TOTAL CREDITS	15-16

SEMESTER 6 MILESTONES
KIN GPA 2.50 (required for internship)
Meet with advisor for credit check
Complete 300/400 level major requirements
Complete 90 credits (or consider summer/winter J-term courses)

SEMESTER 7	CREDITS
Gen Ed	3
Free elective	3-4
Free elective	3-4
Free elective	3-4
Gen Ed	3
TOTAL CREDITS	15-18

SEMESTER 7 MILESTONES
KIN GPA 2.50 (required for internship)
Attend Internship meetings
Meet with advisor to complete intent to graduate form by Oct. 15th (for May)
Get CPR certified by American Red Cross or AHA

SEMESTER 8	CREDITS
KIN 486	3
KIN 484	12
TOTAL CREDITS	15

SEMESTER 8 MILESTONES
Overall GPA 2.00; KIN GPA 2.50 (required for Internship)
Complete Internship
Attend mandatory senior meeting with HSS Dean
Complete 120 credits

General Education Checklist			General Education Requirements
English Communication (EC)	COM 100	WRT ²	⁴ WRT 104, 105, or 106
Math (MQ)	⁵ _____		³ Students interested in graduate school should take MTH 111
Natural Science (NS)	NFS 207	CHM 103	
Social Science (S)	PSY 113	PSY ⁴	⁴ PSY 232, 235, 254, or 255
Letters (L) ³	_____	_____	⁵ Students may reduce fine arts, literature, or letters by 3 credits.
Fine Arts/Literature (A) ³	_____	_____	
Foreign Language (F)	_____	_____	

Students should choose two of the following professional electives KIN 243 (BIO 121 req.), KIN 382 (PSY 113 req.), KIN 414 (KIN 320 req.), KIN 475 (KIN 278, SOC 100, WMS 150, or JOU 110 req.), KIN 478 (KIN 278, SOC 100, WMS 150, or JOU 110 req.), NFS 360 (NFS 207 or 210; KIN 275 or BIO 242 req.), PSY 255, and KIN 479.

NOTE: This map is a term-by-term course schedule. The milestones listed to the right of each term are designed to keep you on course to graduate in four years. The course schedule serves as a guideline to help you build a full schedule each term. Milestones are courses and special requirements necessary for timely progress to complete a major.