

Use this checklist if started program between Fall 2019 - current



SCHOOL OF EDUCATION

BS in Wellness – Kinesiology CORE 42 (revised 1/21)

Name: _____ **ID#:** _____

Successful completion of the courses listed below will entitle a person to receive a Bachelor of Science degree in Wellness with a major emphasis in Kinesiology.

The following courses are the General Education CORE 42 requirements of Lincoln University. Those marked with an *, indicate that students must have a grade of “C” or better.

*For courses listed in this section with an **E**, students can choose an elective from the approved CORE 42 course list for that specific area or category (please see the CORE 42 General Education Advisement Worksheet). The courses listed in areas with an **E** are recommended based on preparing students for the state teacher certification assessments. See your advisor for more information on selecting a CORE 42 Elective.*

_____	ENG 101	Composition and Rhetoric I *	(1. Written Comm.)	3
_____	ENG 102	Composition and Rhetoric II *	(1. Written Comm.)	3
_____	SPT 206	Fundamentals of Speech *	(2. Oral Comm.)	3
_____	MAT _____	E: MAT 113/115/117/121	(3. Math Sciences)	3
_____	BIO 103	Biological Science *	(4. Natural Sciences)	3
_____	BIO 104L	Biological Science Lab *	(4. Natural Sciences Lab)	1
_____	BIO 208	Human Anatomy *	(4. Natural Sciences)	3
_____	BIO 209L	Human Anatomy Lab *	(4. Natural Sciences)	2
_____	PSY 101	General Psychology *	(5. Soc./Behv. Sciences)	3
_____	_____	Civics: HIS 205/206/PSC 203	(5. Soc./Behv. Sciences)	3
_____	_____	E: PSY 308, SA 201/202, ECO 201/202	(5. Soc./Behv. Sciences)	3
_____	_____	History: HIS 101/102	(6. Hum/Fine Arts)	3
_____	_____	E: ART 100, PHI 101/102/201/203, SPT 209	(6. Hum/Fine Arts)	3
_____	_____	E: MUS 200/205, PHI 101/102/201/203	(6. Hum/Fine Arts)	3
_____	_____	E: CORE 42 Elective	(Any CORE 42 Category)	<u>3</u>
Total				42

The following courses are General Education Institutional Requirements of Lincoln University:

_____	_____	E: EDU 260, HIS 101/102, BAD 215, SA 202, PHI 201 (7. Institutional)	3	
_____	GE 101	University Seminar	(8. Gen Ed Skills) <u>1</u>	
Total				4

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BS WELLNESS: KINESIOLOGY DEGREE PATHWAYS CORE 42 (FALL 2019-CURRENT)

Semester 1		Hrs.	Semester 2		Hrs.
GE 101	University Seminar	1	ENG 102	Composition & Rhetoric II (1)	3
ENG 101	Composition & Rhetoric I	3-4	PEP 200	Foundations of PE & Wellness	3
PSY 101	General Psychology	3	EDU 260	Ed. & Cultural Diversity	3
HIS 101/102	History	3	Area 5: Civics	HIS 205/206 or PSC 203	3
Area 6 Elective	ART 100, PHI 101/102/201/203, SPT 209	3	Area 5 Elective	PSY 308, SA 201/202, ECO 201/202	3
PED 111	Personal & Comm. Health	2			
TOTAL:		15	TOTAL:		15

Semester 3		Hrs.	Semester 4		Hrs.
SPT 206	Fundamentals of Speech	3	Area 3: Math	MAT 113, 115, 117, 121	3-5
BIO 103	Biology	3	PSY 308	Develop. Psych (PSY 303-Fall)	3
BIO 104 L	Biology Lab	1	PEP 201	Nutrition, Fitness & Cond.	3
PEP 205	CPR, Safety, & First Aid	2	PEP 380	Care of Act/Sports Injuries (Upper)	2
PEP 312	Motor Learning	3	Area 6 Elective	MUS 200/205, PHI 101/102/201/203	3
Elective	Departmental Elective	3	CORE 42	CORE 42 Elective	3
TOTAL:		15	TOTAL:		17

Semester 5		Hrs.	Semester 6		Hrs.
BIO 208	Human Anatomy	3	PED 303	Healthcare Ethics	3
BIO 209 L	Human Anatomy Lab	2	PED 420	Exercise Prescription	3
PEP 381	Care of Act/Sports Injuries (Lower)	2	PEP 301	Kinesiology	3
I & A	PEP 379 (PEP 372/378-Spring)	3	PEP 417	M/M/O of Coaching	3
Elective	Departmental Elective	3	Elective	Departmental Elective	3
Elective	Departmental Elective	3			
TOTAL:		16	TOTAL:		15

Semester 7		Hrs.	Semester 8		Hrs.
PEP 307	Psy/Soc of Phys Activity OR (PSY 407-Spring)	3	WEL 499	Internship in Wellness	3-12
PEP 320	Assessment in PE	3	Elective(s)	Departmental Elective (s)	3 +
PEP 360	Exercise Physiology	3			
Elective	Departmental Elective	3			
Elective	Departmental Elective	3			
TOTAL:		15	TOTAL:		15

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