

KINESIOLOGY & HEALTH SCIENCES DEPARTMENT
KHS-Health Science (HS) 4 YEAR SEQUENCE (30 Units)

Year 1					
Fall Semester 1			Spring Semester 2		
Units	Course	Goal	Units	Course	Goal
1	First Year Seminar (FYS) *WI	CC-FSP	1	Stat 115 or 215	CC-QR (2)
1	KHS 172 Foundations of KHS Or KHS 160 (BSC)	KC (1)	1 (PR)	KHS 160 Health & Wellness Issues Or KHS 172	KC (4) (3 CC) Behavioral/Cultural
1 PR	KHS 103/203 Anatomy & Physiology	KC (2)	1 PR	KHS 105/205 Applied Anat. & Phys	KC (3)
1 PR	BIO 171	CC-Nat Sci (1)	1 PR	NS 1 Choice (Bio 201)	CC-Nat Sci (NS+4)
0	IDS 102- Info Lit Prof	CC-Proficiencies	0	MAT 096 – If needed for MAT 120	TCNJ MAT Pre-req
0	FYCEL - First Year – Community Engaged Learning				
4			4 (8)		
Year 2					
Fall Semester 3			Spring Semester 4		
Units	Course	Goal	Units	Course	Goal
1	MAT 120 Pre-Calc (pre/co-req for CHE 201/PHY) or (CC/elective)	Elective Additional	1 PR	NS 3 Choice (Chem 202)	HS - Elective
1 PR	NS 2 Choice (CHEM 201?)	HS - Elective	1 PR	PSY 101 - General Psychology (BCS CC)	CC (BCS +1) (5)
1	KHS 250 Nutrition and Metabolism	KC (5)	1	KHS 220 - Research Methods	KC (7)
1	KHS 210: Applied Strength & Conditioning –	KC (6)	1	KHS 211 Applied Physiology	KC (8)
4 (12)			4 (16)		
Year 3					
Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1 PR	NS Choice or Elective	HS- -Elective	1 PR	Sociology (BCS)/NS or Elective	HS -Elective
1	KHS 302 Assessment & Eval of Human Performance *WI	KC (9)	1	KHS 300: Pediatric Exercise	KC (10)
1	KHS 220 Med Term or Elective	EL (2)	1	KHS 301 Biomechanics	KC (11)
1	CC: Beliefs System (WVWK) Include a Civic Responsibility	CC-Arts/Hum (6) WVWK	1	CC: Historical Perspective Include a Civic Responsibility	CC-Soc Sci (7) History
0.5	KHS 396: EIM Jr. Internship				
4.5 (20)			4 (24.5)		CC (+0.5)
Year 4					
Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	CC/Literary, Visual, Perform Arts Include a Civic Responsibility	CC- Arts/Hum, LVPA (8)	1	Elective/Pre-Req	
1	KHS 400 Applied Movement Analytics	KC (12)	1.5	KHS 496 Internship**	KC (16)
1	KHS 405 Clinical Exercise Physiology	KC (13)	1	KHS 497 Seminar in KHS (Capstone)** *WI	KC (17)
1	KHS 410 Exercise Physiology And Exercise Prescription	KC (14)		OPTIONAL?? Elective/Pre-Req	
3 (27.5)			3.5 (30)		

KEY: ** = Offered both semesters/all other courses offered only in the semester (fall or spring) as listed/ * WI = Writing Intensive

Blue – KHS Curriculum (KC) – 17 units Science - Science Lab Courses (SL) 3 units Green – FY/College Core (CC) – 10 units Black/Red – Electives/Prereq (EL) – 3 units = 30	Prereqs include: Possible Lab courses: 2 BIO, 2 A&P, CHEMS, PHYS, ENGLISH, Microbio (144), Biochem,
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USED AS A GUIDE FOR THE SAMPLE HS PLANNER
KINESIOLOGY & HEALTH SCIENCES DEPARTMENT
KHS-PHYSICAL THERAPY (PT) 4 YEAR SEQUENCE

Year 1					
Fall Semester 1			Spring Semester 2		
Units	Course	Goal	Units	Course	Goal
1	First Year Seminar (FYS) *WI	CC-FSP	1	Stat 115 or 215	CC-QR (2)
1	KHS 172 Foundations of KHS Or KHS 160	KC (1)	1 (PR)	KHS 160 Health & Wellness Issues Or KHS 172	KC (4) 3 CC Behavioral/Cultural
1 PR	KHS 103/203 Anatomy & Physiology	KC (2)	1 PR	KHS 105/205 Applied Anat. & Phys	KC (3)

1 PR	BIO 171	CC-Nat Sci (1)	1 PR	BIO 201	CC-Nat Sci (NS+4)
0	IDS 102- Info Lit Prof	CC-Proficiencies	0	MAT 096 – If needed for MAT 120	TCNJ MAT Pre-req
0	FYCEL - First Year – Community Engaged Learning				
4			4 (8)		

Year 2

Fall Semester 3			Spring Semester 4		
Units	Course	Goal	Units	Course	Goal
1	MAT 120 Pre-Calc (pre/co-req for CHE 201/PHY) or (CC/elective)	CC Nat Sci Additional	1 PR	CHE 202- Chemistry II/Lab	PT and EL
1 PR	CHE 201 Chemistry I/Lab (pre/coreq MAT 120 Pre-Calc)	PT and CC Nat Sci Additional	1 PR	PSY 101 - General Psychology (BCS CC) or PSY course	CC (BCS +1) (5)
1	KHS 250 Nutrition and Metabolism	KC (5)	1	KHS 220/320 Research Methods	KC (7)
1	KHS 210: Applied Strength & Conditioning –	KC (6)	1	KHS 211 Applied Physiology	KC (8)
4 (12)			4 (16)		

Year 3

Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1 PR	PHYS 121- Principles of Physics	PT-Elective	1 PR	PHYS 122- Physics II	PT-Elective
1	KHS 302 Assessment & Eval of Human Performance *WI	KC (9)	1	KHS 300: Pediatric Exercise	KC (10)
1	Elective	EL (2)	1	KHS 301 Biomechanics	KC (11)
1	CC: Belies System (WVWK) Include a Civic Responsibility	CC-Arts/Hum (6) WVWK	1	CC: Historical Perspective Include a Civic Responsibility	CC-Soc Sci (7) History
0.5	KHS 396: EIM Jr. Internship				CC (+0.5)
4.5 (20.5)			4 (24.5)		

Year 4

Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	CC/Literary, Visual, Perform Arts Include a Civic Responsibility	CC- Arts/Hum, LVPA (8)	1	elective	
1	KHS 405 Clinical Exercise Physiology	KC (12)	1.5	KHS 496 Internship**	KC (15)
1	KHS 410 Exercise Physiology And Exercise Prescription	KC (13)	1	KHS 497 Seminar in KHS (Capstone)** *WI	KC (16)
3 (26.5)			3.5 (30)		

KEY: ** = Offered both semesters/all other courses offered only in the semester (fall or spring) as listed/ * WI = Writing Intensive

Blue – KHS Curriculum (KC) – 16 units	Prereqs include:
Green – FY/College Core (CC) – 10 units	Lab courses: 2 BIO, 2 A&P, 1-2 CHEM, 1- 2 PHYS
Black/Red – Electives/Prereq (EL) – 4 units	ENGLISH, PSYCHOLOGY, SOC/BEHAV, STATISTICS, MICROBIOLOGY, BIOCHEMISTRY
Total 30	