

Bachelor of Science in Kinesiology – Exercise Science and Sport Performance

4-Year Plan (Fall 2025- Spring 2026)

****This is an advisory tool, and may be subject to change based on course availability.**

Freshman Year

FALL SEMESTER	Credits
HSC 100	2
KIN 150	4
MATH 127	3
HUMANITIES W/ INTERNATIONAL	3
BIOL 189A/L	4
SEMESTER TOTAL	16 cr
SPRING SEMESTER	Credits
ENG 101	3
KIN 200	3
PSY 101 (required)	3
FINE ARTS	3
KIN 223	4
SEMESTER TOTAL	16 cr

Junior Year

FALL SEMESTER	Credits
KIN 346	4
KIN 175	3
KIN 350	3
SOCIAL SCIENCE W/ MULTICULTURAL	3
APPROVED ELECTIVE	3
SEMESTER TOTAL	16 cr
SPRING SEMESTER	Credits
KIN 312	3
KIN 391 and LAB	4
NUTR 340	3
APPROVED ELECTIVE	3
APPROVED ELECTIVE	3
SEMESTER TOTAL	16 cr

Sophomore Year

FALL SEMESTER	Credits
SECOND YEAR SEMINAR (SYS)	3
KIN 224	4
KIN 170	3
US/NEVADA Constitution	3
ENG 102	3
SEMESTER TOTAL	16 cr
SPRING SEMESTER	Credits
KIN 245	4
NUTR 121	3
SOCIAL SCIENCE (SOC 101 preferred)	3
HUMANITIES	3
APPROVED ELECTIVE	3
SEMESTER TOTAL	15 cr

Senior Year

FALL SEMESTER	Credits
KIN 316	3
KIN 411/457/465/492	3
APPROVED ELECTIVE	3
APPROVED ELECTIVE	3
SEMESTER TOTAL	12 cr
SPRING SEMESTER	Credits
KIN 424/494/475+490	3-4
KIN 446	3
APPROVED ELECTIVE	3
APPROVED ELECTIVE	3
APPROVED ELECTIVE	0-1
SEMESTER TOTAL	13 cr

***Note:** If Multicultural and International courses are taken under the General Education Domains the Total Credits are 120.

In the healthcare profession, fingerprinting is often required.

Credit Requirements: Student must complete a minimum of 120 credits to graduate; student must complete last 30 credits within NSHE residency.

Courses are outlined by departmental preference, prerequisite requirements, and common course rotations.