

B.S. Kinesiology (General Education)

Be sure to consult the [KNES website](#) for specifics on all requirements.

Graduation Planning: Your Roadmap to Degree Completion

This is a sample 8 semester plan for a student with MATH113 eligibility.

Fall		Spring		Year 1	
Course Numbers	Credits	Course Numbers	Credits	University Requirements	
MATH113 (FSMA)	3	BSCI170*	3	Total Credits by the end of this year:	FSAW and FSMA must be attempted by 30 credits earned, pass with C- or higher by 60 credits. All major requirements must be passed with a C- or higher. Major Benchmark 1 Complete KNES200 with C- or higher by the end of two (2) semesters in the major.
ENGL101 (FSAW)	3	KNES285 (DSHU, DVUP)	3		
SPHL100	3	KNES200	3		
DSSP	3	FSOC	3		
Elective	3	Statistics (FASR)	3		
UNIV100	1				
Total semester credits:		16	Total semester credits:		15
			31		

Fall		Spring		Year 2	
Course Numbers	Credits	Course Numbers	Credits	Selected major course prerequisites:	
BSCI180* (DSNL)	1	BSCI202	4	Total Credits by the end of this year:	BSCI170 : Math 120 placement BSCI201: BSCI170 BSCI202: BSCI201 Major Benchmark 2 Complete BSCI202 and three (3) KNES Core Courses with C- or higher by the end of four (4) semester in the major.
BSCI201 (DSNL)	4	KNES287 (DSHS, DVUP)	3		
KNES370	3	Activity 1	1		
DSHU & SCIS	3	Elective	3		
Elective	3	Elective	3		
Elective	1	Elective	1		
Total semester credits:		15	Total semester credits:		15
			61		

Fall		Spring		Year 3	
Course Numbers	Credits	Course Numbers	Credits	Selected major course prerequisites:	
KNES360	4	KNES Option 1	3	Total Credits by the end of this year:	KNES300: BSCI201 & Math requirement KNES360: BSCI201 & BSCI202 KNES385: BSCI201 & Math requirement
KNES350 (DSHS)	3	KNES300	4		
Activity 2	1	Activity 3	1		
DSSP & SCIS	3	FSPW	3		
Elective	3	Elective	3		
Elective	1	Elective	1		
Total semester credits:		15	Total semester credits:		15
			91		

Fall		Spring		Year 4	
Course Numbers	Credits	Course Numbers	Credits	Selected major course prerequisites:	
KNES Option 2	3	KNES Option 4	3	Total Credits by the end of this year:	KNES Core courses can be taken in any sequence as long as students have the prerequisite. KNES Upper Level Options: earned 75 credits and various KNES Core courses
KNES Option 3	3	KNES Option 5	3		
KNES385	4	Activity 4	1		
Elective	3	Elective	3		
Elective	3	Elective	3		
Total semester credits:		16	Total semester credits:		13
			120		

Total Degree Credits: 120

BS, Kinesiology - Degree Requirements

Consult the [KNES webpage](#) for details and specific course offerings by term.

GENERAL EDUCATION REQUIREMENTS

AA verified?

Category	Credits	Course	Grade/ Status	Complete
GenEd: Fundamental Studies (9 credits)				
[FSAW]	Academic Writing	3		<input type="checkbox"/>
[FSPW]	Professional Writing <i>(Pre-Req: 60+ credits)</i>	3		<input type="checkbox"/>
[FSOC]	Oral Communication	3		<input type="checkbox"/>
[FSMA]	Mathematics <i>(Rec. MATH113, MATH115, or MATH120)</i>	FSMA is fulfilled by KNES major required course MATH Requirement		
[FSAR]	Analytic Reasoning	FSAR is fulfilled by KNES major required course Statistics Requirement		
GenEd: Distributive Studies (6-9 credits)				
[DSHU]	Humanities 1	3		<input type="checkbox"/>
[DSHU]	Humanities 2	DSHU is fulfilled by KNES major required course KNES285		
[DSHS]	History and Social Science 1 and 2	DSHS 1 and 2 are fulfilled by KNES major required courses KNES287 and KNES350		
[DSNS]/[DSNL]	Natural Sciences 1 and 2	DSNL/DSNS are fulfilled by KNES major required courses BSCI170 and BSCI201.		
[DSSP]	Scholarship in Practice 1 <i>(outside major: must not fulfill any KNES major requirements, including Options)</i>	3		<input type="checkbox"/>
[DSSP]	Scholarship in Practice 2	3		<input type="checkbox"/>
GenEd: Big Questions and Diversity (0 - 6 credits)				
[SCIS]	Big Questions 1 <i>(formerly i-Series, can also fulfill a Distributive Studies category)</i>	0-3		<input type="checkbox"/>
[SCIS]	Big Questions 1 <i>(formerly i-Series, can also fulfill a Distributive Studies category)</i>	0-3		<input type="checkbox"/>
[DVUP]/[DVCC]	Understanding Plural Societies and Cultural Competence	DVUP and DVCC are fulfilled by KNES major required courses KNES285 and KNES287		

Notes on your checklist	KNES Benchmarks
<p>(for advisor use only)</p> <p>FSMA/FSAW: _____</p> <p>Created by _____</p> <p>Updated by _____</p>	1st semester in major
	<p>* Benchmark 1 *</p> <p>Complete KNES 200 with grades of "C-" or higher by the end of two semesters into the major.</p>
	<p>** Benchmark 2 **</p> <p>Complete BSCI202 & three (3) **KNES Core with grades of "C-" or higher by the end of four (4) semesters into the major.</p>

updated 4.30.25RDS

Grade/ Status Key: IP= In progress
Rpt= must repeat
Sp24= Registered Spring 2024

KNES MAJOR REQUIREMENTS

KNES SUPPORTING COURSES

Course Number [Gen Ed]	Course Titles (Prerequisites)	Credits	Alt Course	Grade/ Status	Complete
BSCI170 [DSNS]	Principles of Molecular & Cellular Biology (Pre-Req: MATH 120 eligibility)	3			<input type="checkbox"/>
BSCI180 or BSCI171	Principles Biology Laboratory (Pre-Req: MATH 120 eligibility and BSCI170 for BSCI180)	1			<input type="checkbox"/>
BSCI201 [DSNL]	Human Anatomy and Physiology I (Pre-Req: BSCI170)	4			<input type="checkbox"/>
** BSCI202	Human Anatomy and Physiology II (Pre-Req: BSCI201)	4			<input type="checkbox"/>
	Student's Math eligibility as of _____ is _____				<input type="checkbox"/>
MATH Requirement [FSMA]	MATH113, MATH115, MATH120 or MATH140	3-4			<input type="checkbox"/>
Statistics Requirement [FSAR]	STAT100 recommended; talk with KNES advisor about other courses	3			<input type="checkbox"/>

KNES FOUNDATION COURSES

Course Number [Gen Ed]	Course Titles (Prerequisites)	Credits	Alt Course	Grade/ Status	Complete
SPHL100	Foundations of Public Health	3			<input type="checkbox"/>
* KNES200	Introduction to Kinesiology	3			<input type="checkbox"/>

**** KNES CORE COURSES**

Course Number [Gen Ed]	Course Titles	Credits	Alt Course	Grade/ Status	Complete
KNES285 [DSHU, DVUP]	History of Physical Culture, Sport, & Science in America	3			<input type="checkbox"/>
KNES287 [DSHS, DVUP]	Sport and American Society	3			<input type="checkbox"/>
KNES350 [DSHS]	The Psychology of Sports & Exercise	3			<input type="checkbox"/>
KNES370	Motor Development	3			<input type="checkbox"/>
KNES385	Motor Control and Learning (Pre-req: BSCI201 & Math)	4			<input type="checkbox"/>
KNES300	Biomechanics of Human Motion (Pre-req: BSCI201 & Math)	4			<input type="checkbox"/>
KNES360	Physiology of Exercise (Pre-req: BSCI201 & BSCI202)	4			<input type="checkbox"/>

KNES PHYSICAL ACTIVITIES COURSES

		Credits	Course	Grade/ Status	Complete
KNES ACTIVITY #1	All KNES Physical Activities Courses are KNES1xx Students must choose four (4) different activities Speak with a KNES advisor about taking a DANC course	1			<input type="checkbox"/>
KNES ACTIVITY #2		1			<input type="checkbox"/>
KNES ACTIVITY #3		1			<input type="checkbox"/>
KNES ACTIVITY #4		1			<input type="checkbox"/>

KNES OPTIONS COURSES

		Credits	Course	Grade/ Status	Complete
KNES OPTION #1	300-400 level courses chosen from approved KNES options See past and current offerings under Degree Requirements at: go.umd.edu/KNESundergrad	3			<input type="checkbox"/>
KNES OPTION #2		3			<input type="checkbox"/>
KNES OPTION #3		3			<input type="checkbox"/>
KNES OPTION #4		3			<input type="checkbox"/>
KNES OPTION #5		3			<input type="checkbox"/>