



University of Hawai'i at Mānoa
College of Education Program Sheet 2014-2015
Bachelor of Science (BS) in Kinesiology and Rehabilitation Science
Specialization: Health, Exercise Science and Lifestyle Management (HES)
Admissions: Open Process: Declaration
Min. Total Credits: 120 (120 in core & major + 0 in electives)

UHM General Education Core Requirements
Foundations
<input type="checkbox"/> FW
<input type="checkbox"/> FS
<input type="checkbox"/> FG (A / B / C)
<input type="checkbox"/> FG (A / B / C)
Diversification
<input type="checkbox"/> DA / DH / DL
<input type="checkbox"/> DA / DH / DL
<input type="checkbox"/> DB
<input type="checkbox"/> DP
<input type="checkbox"/> DY
<input type="checkbox"/> DS
<input type="checkbox"/> DS
<i>* See degree, college and major requirements for courses that can also fulfill these.</i>
UHM Graduation Requirements
Focus
<input type="checkbox"/> H
<input type="checkbox"/> E (300+)
<input type="checkbox"/> O (300+)
<input type="checkbox"/> W
<input type="checkbox"/> W
<input type="checkbox"/> W
<input type="checkbox"/> W (300+)
<input type="checkbox"/> W (300+)
Hawaiian / Second Language
<ul style="list-style-type: none"> The Hawaiian or Second Language requirement is not required for students admitted to the Kinesiology and Rehabilitation Sciences program.
Credit Minimums
<ul style="list-style-type: none"> 120 total applicable 30 in residence at UHM 45 upper division (300+ level) credits
Grade Point Average
<ul style="list-style-type: none"> 2.0 cumulative or higher (<i>Note: Other GPAs may be required</i>) To graduate from COE, students must meet the college's higher GPA requirement(s). Good academic standing

College Requirements
Admission Requirements
<ul style="list-style-type: none"> Fall and Spring admission. Submit an application no later than the following: <ul style="list-style-type: none"> March 1 for fall semester September 1 for spring semester 2.50 cumulative GPA in all post-secondary institutions Applicants who have completed an articulated A.A. degree from a UH Community College are considered to have met the UHM General Education Core Requirements with possible exceptions (see an academic advisor).
HES Core Requirements
*HES Core courses cannot be double-counted with career pathway courses.
Minimum Grade: C- or better
Math Requirement (FS)
<input type="checkbox"/> MATH 140* ^{FS} (highly recommended)
Can fulfill DS
<input type="checkbox"/> FAMR 230* ^{DS} or PSY 240* ^{DS**}
**Prerequisite for PSY 240 is PSY 100. Note: these two courses alone do not meet the DS General Education requirements.
Science Requirements (DB, DP, DY)
<input type="checkbox"/> PHYL 103* ^{DB} or 141* ^{DB} /141L* ^{DY} and PHYL 142 ^{DB} /142L ^{DY}
<input type="checkbox"/> PHYS 100* ^{DP} /100L* ^{DY} or 151* ^{DP} /151L* ^{DY} or 170* ^{DP} /170L* ^{DY}
Required Graduation Grade Point Averages
<ul style="list-style-type: none"> 2.50 GPA or higher

This program sheet was prepared to provide information and does not constitute a contract. Meet regularly with your department's undergraduate advisor to ensure you are on track with your major requirements

Major Requirements for BS in Kinesiology and Rehabilitation Science

Specialization: Health, Exercise Science and Lifestyle Management (HES)

Application: Deadline = March 1 for Fall entrance; September 1 for Spring entrance

Min. major credits: 87 (90 with related requirements); Min. C- grade in all courses

Requirements

HES Related Requirements (3 credits)

(MATH 140*^{FS} highly recommended)

HES Core Courses (72 credits)

Required Courses	<input type="checkbox"/> CHEM 161 / <input type="checkbox"/> 161L <input type="checkbox"/> KRS 152 <input type="checkbox"/> KRS 332 or 432 <input type="checkbox"/> KRS 353 <input type="checkbox"/> KRS 395 <input type="checkbox"/> KRS 415 <input type="checkbox"/> KRS 421 <input type="checkbox"/> KRS 443 <input type="checkbox"/> KRS 488 <input type="checkbox"/> KRS 489 <input type="checkbox"/> FSHN 185* ^{DB} <input type="checkbox"/> ICS 101B <input type="checkbox"/> PHYL 302 / <input type="checkbox"/> 302L	<input type="checkbox"/> KRS 153 <input type="checkbox"/> KRS 305* ^{DB} <input type="checkbox"/> KRS 354 / <input type="checkbox"/> 354L <input type="checkbox"/> KRS 419 <input type="checkbox"/> KRS 420 <input type="checkbox"/> KRS 463 <input type="checkbox"/> KRS 480 <input type="checkbox"/> KRS 474 or EDEP 429* ^{DS} <input type="checkbox"/> PHYL 301 / <input type="checkbox"/> 301L	
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HES Career Pathways and Activity Elective Coursework (minimum 15 credits)

Students are required to complete EITHER: (1) 6 credits of Activity Elective Courses AND 9 credits of Career Pathways courses OR (2) 3 credits of Activity Elective Courses and 12 credits of Career Pathways coursework. Substitutions within Career Pathways may be made; however, these substitutions must be cleared by a KRS advisor.

HES Career Pathway Elective Courses (9-12 credits)

9-12 credits in approved and recommended elective courses:
 _____ _____ _____ _____

HES Activity Elective Courses (3-6 credits)

3-6 credits in approved KRS activity classes:
 _____ _____ _____ _____ _____ _____

List of approved KRS activity courses: KRS 101, 102, 103, 104, 105, 110, 120, 124, 126, 127, 130, 135, 137, 151, 160, 163, 164, 170, 173, 181, 182, or 185.

Career Pathways (some courses may require prerequisites; HES Core Courses can not be double-counted with Career Pathways courses!)

Athletic Training	BIOL 171/171L, 172/172L; KRS 470; PHYS 152/152L; PSY 240, 371; Ethics Course; Medical Terminology (at KCC)
Physical / Occupational Therapy	BIOL 171/171L, 172/172L, 275; BIOC 241; CHEM 162/162L; MATH 241; MICR 130/140L; PHYS 152/152L; PSY 230, 240, 371
Exercise Specialist, Strength and Conditioning, Personal Training and Health Fitness Instructor	FSHN 370, 389, 451, 475; MICR 130; KRS 210, 434, 470, 477
Sport Psychology / Rehabilitation Counseling	EDEA 360; FAMR 333; KRS 210, 434; PSY 220, 230, 240, 322, 341
Nutrition	BIOC 241; CHEM 162/162L, 272/272L; FSHN 370, 389, 451, 452, 475; KRS 210, 401, 470; MICR 130
Health Promotion	KRS 210, 270, 401, 434, 470, 477, 485; PH 201

Notes

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 KRS Undergraduate Chair: Nathan Murata, PhD; PE/A 221; (808) 956-7606; nmurata@hawaii.edu