



University of Hawai'i at Mānoa
College of Education Program Sheet 2015-2016
Bachelor of Science (BS) in Kinesiology and Rehabilitation Science
Specialization: Health and Exercise Science (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 ENG 100, 100A, 190, or ESL 100
<input type="checkbox"/> FS MATH 140 (highly recommended)
<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 KRS 113, PHYL 103, or PHYL 141 and 142, FSHN 185
<input type="checkbox"/> DP PHYS 100, 151, 171, or CHEM 161
<input type="checkbox"/> DY PHYS 100L, 151L, 171L, or CHEM 161
<input type="checkbox"/> DS FAMR 230 or PSY 240
<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).
Math Requirement (FS)
<input type="checkbox"/> MATH 140* ^{FS} (highly recommended) or any FS
HES Social Science Requirements (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.
HES Core Requirements
*HES Core courses cannot be double-counted with career pathway courses.
Minimum Grade: C- or better
Science Requirements (DB, DP, DY)
<input type="checkbox"/> KRS 113* ^{DB} or 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}
<input type="checkbox"/> CHEM 161* ^{DP} / <input type="checkbox"/> CHEM 161L* ^{DY}
<input type="checkbox"/> FSHN 185* ^{DB}
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 and BS in Kinesiology and Rehabilitation Science

Specialization: Health and Exercise Science (HES)

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

Min. major credits: 75-78 credits; Min. C- grade in all courses

Requirements**HES Core Courses (58-59 credits)**

Required Courses	<input type="checkbox"/> KRS 152	<input type="checkbox"/> KRS 153	<input type="checkbox"/> KRS 203	<input type="checkbox"/> KRS 305* ^{DB}
	<input type="checkbox"/> KRS 332 or 432	<input type="checkbox"/> KRS 353	<input type="checkbox"/> KRS 354 / <input type="checkbox"/> 354L	
	<input type="checkbox"/> KRS 395	<input type="checkbox"/> KRS 415	<input type="checkbox"/> KRS 419	<input type="checkbox"/> KRS 420
	<input type="checkbox"/> KRS 421	<input type="checkbox"/> KRS 443	<input type="checkbox"/> KRS 463	<input type="checkbox"/> KRS 480
	<input type="checkbox"/> KRS 488	<input type="checkbox"/> KRS 489	<input type="checkbox"/> KRS 474 or EDEP 429* ^{DS}	
	<input type="checkbox"/> ICS 101B or LTEC 112			

HES Career Pathways and Activity Elective Coursework (minimum 18 credits)

Students are required to complete EITHER: (1) 6 credits of Activity Elective Courses AND 12 credits of Career Pathways courses OR (2) 3 credits of Activity Elective Courses and 15 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 (12-15 credits)

12-15 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 102, 103, 104, 105, 135, 137, 151, 160,161, 163, 164, 170, 171, 181, or 182.

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; Medical Terminology (at KCC); PHYL 301/301L, 302/302L
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; PHYL 301/301L, 302/302L
Exercise Specialist, Strength and Conditioning, Personal Training and Health Fitness Instructor	FSHN 370, 389, 451, 475; MICR 130; KRS 210, 401, 434, 470, 477, 484
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, 475; KRS 210, 401, 470, 484; MICR 130
Health Promotion	KRS 210, 270, 401, 434, 470, 477, 484, 485; PH 201

Notes

College of Education, Office of Student Academic Services: Everly 126; (808) 956-7915; osas@hawaii.edu; coe.hawaii.edu
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 KRS Undergraduate Chair: Nathan Murata, PhD; PE/A 221; (808) 956-7606; nmurata@hawaii.edu