



**University of Hawai'i at Mānoa**  
**College of Education Program Sheet 2016-2017**  
**Bachelor of Science (BS) in Kinesiology and Rehabilitation Science**  
**Specialization: Health and Exercise Science (HES)**  
**Admissions: Open Process: Declaration**  
**Min. Total Credits: 120 (115 in core & major + 5 in electives)**

UHM General Education Core Requirements
<b>Foundations</b>
<input type="checkbox"/> FW ENG 100, 100A, 190, ESL 100, or AMST 111
<input type="checkbox"/> FS MATH 140 (highly recommended)
<input type="checkbox"/> FG (A / B / C)
<input type="checkbox"/> FG (A / B / C)
<b>Diversification</b>
<input type="checkbox"/> DA / DH / DL
<input type="checkbox"/> DA / DH / DL
<input type="checkbox"/> DB FSHN 185
<input type="checkbox"/> DP CHEM 161
<input type="checkbox"/> DY CHEM 161L
<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
<b>Focus</b>
<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+)
<b>Hawaiian / Second Language</b>
<ul style="list-style-type: none"> <li>The Hawaiian or Second Language requirement is <b>not</b> required for students admitted to the Kinesiology and Rehabilitation Sciences program.</li> </ul>
<b>Credit Minimums</b>
<ul style="list-style-type: none"> <li>120 total applicable</li> <li>30 in residence at UHM</li> <li>45 upper division (300+ level) credits</li> </ul>
<b>Grade Point Average</b>
<ul style="list-style-type: none"> <li>2.0 cumulative or higher (<i>Note: Other GPAs may be required</i>)</li> <li>To graduate from COE, students must meet the college's higher GPA requirement(s).</li> <li>Good academic standing</li> </ul>

College Requirements
<b>Admission Requirements</b>
<ul style="list-style-type: none"> <li>Fall and Spring admission.</li> <li>Submit an application no later than the following: <ul style="list-style-type: none"> <li><b>March 1</b> for fall semester</li> <li><b>September 1</b> for spring semester</li> </ul> </li> <li>2.50 cumulative GPA in all post-secondary institutions</li> <li>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).</li> </ul>
<b>Math Requirement (FS)</b>
<input type="checkbox"/> MATH 140* <sup>FS</sup> (highly recommended) or any FS
<b>HES Social Science Requirements (DS)</b>
<input type="checkbox"/> FAMR 230* <sup>DS</sup> or PSY 240* <sup>DS**</sup>
**Prerequisite for PSY 240 is PSY 100. Note: these two courses alone do not meet the DS General Education requirements.
<b>HES Core Requirements</b>
*HES Core courses cannot be double-counted with career pathway courses.
Minimum Grade: C- or better
<b>Science Requirements (DB, DP, DY)</b>
<input type="checkbox"/> KRS 113* <sup>DB</sup> or PHYL 103* <sup>DB</sup> or 141* <sup>DB</sup> /141L* <sup>DY</sup> and PHYL 142* <sup>DB</sup> /142L* <sup>DY</sup>
<input type="checkbox"/> PHYS 100* <sup>DP</sup> /100L* <sup>DY</sup> or 151* <sup>DP</sup> /151L* <sup>DY</sup> or 170* <sup>DP</sup> /170L* <sup>DY</sup>
<input type="checkbox"/> CHEM 161* <sup>DP</sup> / <input type="checkbox"/> CHEM 161L* <sup>DY</sup>
<input type="checkbox"/> FSHN 185* <sup>DB</sup>
<b>Required Graduation Grade Point Averages</b>
<ul style="list-style-type: none"> <li>2.50 GPA or higher</li> </ul>

*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)**

<b>Required Courses</b>	<input type="checkbox"/> KRS 152	<input type="checkbox"/> KRS 153	<input type="checkbox"/> KRS 203	<input type="checkbox"/> KRS 305* <sup>DB</sup>
	<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* <sup>DS</sup>	
	<input type="checkbox"/> ICS 101 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.

**Recommended Career Pathways: credits can be taken from any category below. Some courses may require prerequisites; HES Core Courses can not be double-counted with Career Pathways courses.**

<b>Athletic Training</b>	BIOL 171/171L, 172/172L; KRS 470; PHYS 152/152L; PSY 240, 371; Medical Terminology (at KCC); PHYL 301/301L, 302/302L
<b>Physical / Occupational Therapy</b>	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
<b>Exercise Specialist, Strength and Conditioning, Personal Training and Health Fitness Instructor</b>	FSHN 370, 389, 451, 475; MICR 130; KRS 210, 384, 401, 407, 434, 470, 477, 484
<b>Sport Psychology / Rehabilitation Counseling</b>	EDEA 360; FAMR 333; KRS 210, 407, 434; PSY 220, 230, 240, 322, 341
<b>Nutrition</b>	BIOC 241; CHEM 162/162L, 272/272L; FSHN 370, 389, 451, 475; KRS 210, 401, 470, 484; MICR 130
<b>Health Promotion</b>	KRS 210, 270, 384, 401, 434, 470, 477, 484, 485; PH 201

**Notes**

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