

**KINESIOLOGY AND HEALTH B.S. DEGREE
PRE-HEALTH PROFESSIONS - OPTOMETRY
2023-2024 SAMPLE FOUR-YEAR PLAN**

Semester 1 - Freshman Year	Credit
BIOL 211-Principles of Biology I	3
BIOL 211L-Principles of Biology Lab I	1
CHEM 177-General Chemistry I	4
CHEM 177L-Lab in General Chemistry I	1
ENGL 150-Critical Thinking & Communication	3
KIN 252-Intro to the Discipline of Kinesiology	1
KIN 253-Orientation & Learning Community	1
LIB 160-Intro to College Level Research	1
Total	15

Semester 2 - Freshman Year	Credit
BIOL 212-Principles of Biology II	3
BIOL 212L-Principles of Biology Lab II	1
CHEM 178-General Chemistry II	3
CHEM 178L-Lab in College Chemistry II	1
H S 110-Personal & Consumer Health	3
MATH 165-Calculus I	4
Total	15

Semester 3 - Sophomore Year	Credit
BIOL 255-Fundamentals of Human Anatomy*	3
BIOL 255L-Fund of Human Anatomy Lab*	1
CHEM 331-Organic Chemistry I	3
CHEM 331L-Lab in Organic Chemistry I	1
ENGL 250-Written, Oral, Visual & Elect Comp	3
KIN 242-Planning for Success in a Health Career	.5
KIN 258-Principles of Physical Fitness & Cond	2
PSYCH 101-Introduction to Psychology or PSYCH 230-Developmental Psychology	3
Total	16.5

Semester 4 - Sophomore Year	Credit
BIOL 256-Fundamentals of Human Physiology**	3
BIOL 256L-Fund of Human Physiology Lab**	1
CHEM 332-Organic Chemistry II	3
CHEM 332L-Lab in Organic Chemistry II	1
SOC 134-Introduction to Sociology	3
Elective	1
Humanities/International Perspectives	3
Total	15

Semester 5 - Junior Year	Credit
BBMB 404-Biochemistry I or BBMB 420-Mammalian Biochemistry	3
KIN 366-Exercise Psychology or KIN 365-Sport Psychology	3
KIN 372-Motor Control & Learning	3
PHYS 131-General Physics I	4
PHYS 131L-General Physics I Lab	1
SP CM 212-Fundamentals of Public Speaking	3
Total	17

Semester 6 - Junior Year	Credit
H S 350-Human Diseases	3
KIN 355-Biomechanics	3
PHYS 132-General Physics II	4
PHYS 132L-General Physics II Lab	1
STAT 101-Principles of Statistics or STAT 104-Introduction to Statistics	3-4
Electives (300+ Level Courses)	3
Total	17-18

Semester 7 - Senior Year	Credit
ENGL 302, 314-Business/Technical Comm or SP CM 312-Business & Professional Speaking	3
KIN 358-Exercise Physiology	3
KIN 359-Exercise Physiology Lab	1
KIN 373-Biomechanics & Motor Control Lab	1
Humanities/U.S. Diversity	3
Social Science Choice	3
Total	14

Semester 8 - Senior Year	Credit
KIN 400 Level Courses ⁺	9
MICRO 201-Introduction to Microbiology or MICRO 302-Biology of Microorganisms	2-3
MICRO 201L-Introductory Microbiology Lab or MICRO 302L-Microbiology Laboratory	1
Electives (300+ Level Courses)	3
Total	15-16

* Fall Only Course

**Spring Only Course

⁺KIN 400 Level Course Choices (9 cr): KIN 458, 462, 466**, 467, 472, 473**, 480, H S 464

Students must complete a 3 credit U.S. Diversity course and a 3 credit International Perspectives course. Students must also complete a minimum of 46 credits in 300-400 classes and a total of 124 credits to graduate. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a sample plan, always use the degree audit as the official documentation of progress toward a degree.