

BACHELOR OF SCIENCE IN KINESIOLOGY

FOUR YEAR PROGRAM OVERVIEW – MAC

This is a **suggested** plan of study. Course availability may vary by semester. Your individual plan may be different due to many factors, such as completed courses or transfer credits.

YEAR 1		YEAR 2		YEAR 3		YEAR 4	
Reach out to HHS Advising as needed with questions or concerns		Consider experiential learning (KIN internship , service learning, study abroad, etc.)		Begin gathering application materials for graduate schools, certifications, employment, etc.		Check Degree Works to make sure all degree requirements are met	
Utilize free tutoring and academic skills workshops provided by the Academic Achievement Center		Explore potential graduate schools, certifications, and future employment options		Explore career options on the American Kinesiology Association website.		Apply to graduate	
Apply for career opportunities, grad school, internships, etc.							
SEMESTER 1	SEMESTER 2	SEMESTER 3	SEMESTER 4	SEMESTER 5	SEMESTER 6	SEMESTER 7	SEMESTER 8
HHS 150 (FND) ENG 101 (WC) BIO 111/L (CNS) KIN 220 (HW) KIN 250	DE STA 108 (QR) or other QR PSY 121 (CSB) KIN 265/L KIN Activity KIN 291/L	CHFA CHE Elective CHE 103/110 or CHE 111/112 (DANS) NTR 213 KIN 379	GEIL CST 105 (OC) KIN Activity KIN 353 KIN 292/L	KIN 370 KIN 375 KIN Activity Direct Elective 1-2 Additional Courses	KIN 330 KIN 376 KIN Activity KIN Elective Direct Elective 1 Additional Course	KIN 386 KIN 388 Direct Elective 1 Additional Course	KIN Elective KIN Elective* *at 400+ Level 2+ Additional Courses

KEY

MAC = "Minerva's Academic Curriculum" which is UNCG's [general education curriculum](#)

MAC codes (ex. FND, WC, CNS, HW, etc.) refer to MAC categories (see next page for details)

/L = lab course, for example: BIO 111/L refers to BIO 111 + BIO 111L (lab)

KIN Activity = physical activity course. Choose four courses from the list in the [UNCG Catalog | BS in Kinesiology](#).

KIN Electives = 9 total credit hours of KIN-prefix elective courses, a minimum of 3 credit hours must be at the 400+ level

Direct Electives = 9 credit hours of Direct Electives as defined in the [UNCG Catalog | BS in Kinesiology](#).

Additional Courses = courses for a minor or any campus courses of interest to reach 120 credit hours

DE, CHFA, and GEIL courses are interchangeable in this plan. If you cannot find a DE course to take during your 2nd semester, for example, you can enroll in a CHFA or GEIL course. Just be sure that you take at least one course for each MAC category.

TOTAL MINIMUM CREDIT HOURS 120

Total minimum credit hours at or above the 300 level **36**

Credit hours per semester **14-17**

✉ kin@uncg.edu

🌐 kin.uncg.edu

@UNCGkin



Minerva's Academic Curriculum (MAC) Codes

Code	Description (credits hours)	Suggested Course
FND	Foundations (3)	HHS 150
WC	Written Communication (3)	ENG 101
OC	Oral Communication (3)	CST 105
QR	Quantitative reasoning (3)	STA 108
HW	Health & Wellness (3)	KIN 220*
CHFA	Critical Thinking & Inquiry in the Humanities & Fine Arts (3)	Free Choice
CSB	Critical Thinking & Inquiry in the Social & Behavioral Sciences (3)	PSY 121*
CNS	Critical Thinking & Inquiry in the Natural Sciences (4)	BIO 111/L*
GEIL	Global Engagement & Intercultural Learning (3)	Free Choice
DE	Diversity & Equity (3)	Free Choice
DANS	Data Analysis & Interpretation in the Natural Sciences (3)	CHE 103/110 -or- CHE 111/112

*This **specific** course is required to earn a BS in Kinesiology degree. If you take a different course to fulfill the MAC requirement, you will still have to take this course as well.

Quick Links

[UNCG Catalog: BS in Kinesiology](#)

[UNCG Catalog: General Education/MAC](#)

[UNCGenie Class Schedule](#) Look up courses offered per semester

Academic Calendars

[Spartan Central](#) Tuition information, cashier, financial aid, registration, student records, & graduation

[Academic Achievement Center](#) Free tutoring, learning & academic skills workshops

[Students First Office](#)

[HHS Advising & Personal Development Center](#)

[UNCG Kinesiology Department Website](#)

TIPS FOR SUCCESS

PICK UP A MINOR

You need a minimum of **120 credits** to graduate and your Kinesiology major and MAC credits alone will not get you there. **Select a minor that relates your career aspirations** or personal interests.

- Popular minors for KIN majors include: Sport Coaching, Recreation, Nutrition, Psychology, Human Dev., Dance, Biology, Chemistry, etc.
- Reach out to your advisor for guidance.

GET TO KNOW KIN PROFESSORS

Your instructors are a valuable resource for networking, research and job opportunities, and recommendation letters. None of these things will happen if your instructors don't know who you are.

PAY ATTENTION TO YOUR UNCG INBOX

The Department of Kinesiology sends out important information regularly in the undergraduate newsletters, updates, and advising blast emails. This information includes crucial deadlines, calendars, events, graduation info, scholarships, graduate programs, job opportunities, *and MORE!* **Don't miss out.**

CONSULT YOUR DEGREE WORKS

Take a look at your Degree Works regularly to see which MAC and KIN requirements you have completed and which you still need to fulfill.

DON'T NEGLECT YOUR ACTIVITY COURSES

Complete your activity courses early! DO NOT wait until your last year to try to cram in those physical activity courses. Remember, you cannot take more than two activity courses in a single semester.

REACH OUT TO YOUR ADVISOR

Have a question or concern? You don't have to wait until the official advising period to ask. **Connect with your advisor anytime to discuss your career goals and path to graduation.**

COMPLETE ADVISING & REGISTER ON TIME

Take action on advising when prompted and register as soon as your window opens. You are much more likely to be able to sign up for the courses you need.

WHO'S MY ADVISOR?

- **Freshmen and sophomores** - FR and SO Kinesiology majors are advised by the HHS Advising & Personal Development Center. Email askhhs@uncg.edu to connect with the center.
- **Juniors and Seniors** - JR and SR Kinesiology majors are assigned a KIN faculty advisor. Take a look at your Degree Works to see who your advisor is. If you see more than one name, your *PRIMARY* academic advisor is normally the name on the top of the list.
 - If you still see an old advisor's name or do not have an advisor listed, please email kin@uncg.edu.
- **Physical Education & Health Teacher Education (PEHTE)** majors follow a different curriculum. If you are a PEHTE major, please contact professor Judy Fowler - jafowle3@uncg.edu - for PEHTE-specific plans of study and advising.