

# Pre-Optometry, AS

## Northwest Community College

### FRESHMAN

Fall Semester			Hrs	Spring Semester			Hrs		
BIOL	1010	General Biology I	4	BIOL	2020	General Biology II	4		
CHEM	1020	General Chemistry I	5	CHEM	1000	General Chemistry II	4		
MATH			4-5	MATH			4-5		
		Transfer & General Electives	2-3			Transfer & General Electives	3-4		
			<b>TOTAL</b>	<b>16</b>				<b>TOTAL</b>	<b>16</b>



### SOPHOMORE

Fall Semester			Hrs	Spring Semester			Hrs		
ZOO	1010	Human Anatomy & Physiology	4	ZOO	2020	Human Anatomy & Physiology II	4		
BIOL	2395	Capstone	1			Transfer & General Electives	12		
		Transfer & General Electives	11						
			<b>TOTAL</b>	<b>16</b>				<b>TOTAL</b>	<b>16</b>
							<b>TOTAL DEGREE HOURS</b>	<b>64</b>	

Transfer Recommendations and Notes:

# Kinesiology & Health Promotion, BS

University of Wyoming

## JUNIOR

Fall Semester		Hrs	Spring Semester		Hrs		
KIN	3021	Physiology of Exercise	4	KIN	3021	<i>Physiology of Exercise*</i>	4
KIN	3010	Fundamentals Health & Fitness	3	KIN	3010	<i>Fundamentals Health &amp; Fitness*</i>	3
KIN/ HLED	Required & Elective Courses^		8-12	KIN/ HLED	Required & Elective Courses^		8-12
<b>TOTAL</b>			<b><u>15-16</u></b>	<b>TOTAL</b>			<b><u>15</u></b>



## SENIOR

Fall Semester		Hrs	Spring Semester		Hrs		
KIN/ HLED	4015/ 4016	Internship <i>&amp;/OR</i> Research Internship**	3	KIN/ HLED	4015/ 4016	Internship <i>&amp;/OR</i> Research Internship**	3
	COM 3	3		COM 3	3		
KIN/ HLED	Required & Elective Courses^		9-12	KIN/ HLED	Required & Elective Courses^		9-12
<b>TOTAL</b>			<b><u>15</u></b>	<b>TOTAL</b>			<b><u>15</u></b>
<b>TOTAL DEGREE HOURS</b>						<b><u>60</u></b>	

### Transfer Recommendations and Notes:

\*If not completed previously.

\*\*Six (6) credit hours of *internship &/or research internship* are required for the Kinesiology & Health Promotion major. Up to twelve (12) credit hours may be completed and applied toward the program of study. Internship credit hours may be split across terms (e.g., fall/spring/summer) or may be completed in a single semester if coursework scheduling allows.

**University of Wyoming Requirements include:** Students must have a minimum cumulative GPA of 2.0 to graduate. • Students must complete 42 hours of upper division coursework, 30 of which must be from the University of Wyoming. • Courses must be taken for a letter grade unless offered only for S/U.

This is a guide for course work in the major; actual course sequence may vary by student. • Please refer to the online student degree evaluation. • Not all courses are offered every semester and some electives may have prerequisites. • Students should review the course descriptions in the University Catalog and consult with their academic advisor to plan accordingly.

# Kinesiology & Health Promotion, BS

## University of Wyoming

### Transfer Recommendations and Notes (Cont.):

#### ^Kinesiology & Health Required Courses

^8-9 hours if concurrently completing KIN 3010 & KIN 3021; 11-12 hours if not.

KIN 3034	Lifespan Motor Development	3	KIN 3037	Sports Psychology	3
<b>OR<sup>1</sup></b>			<b>OR<sup>1</sup></b>		
KIN 4020	Motor Behavior	3	KIN 3038	Exercise Physiology	3
KIN 3042	Biomechanics of Human Movement	3	HLED 3020	Community & Public Health <sup>2</sup>	3

#### ^Kinesiology & Health Elective Courses

KIN 3040	Teaching Human Anatomy <sup>3</sup>	3	KIN 3050	Prevention & Care of Athletic Injuries	2
KIN 3052	Rehabilitation of Athletic Injuries	2	KIN 3058	Therapeutic Modalities Ath. Trainer	3
KIN 3060	Understand Skill Acquisition Teaching	3	KIN 4024	Physical Activity Epidemiology	3
KIN 4029	Methods of Training and Conditioning	3	KIN 4042	Applied Biomechanics <sup>4</sup>	3
KIN 4056	Advanced Exercise Test Prescription <sup>5</sup>	4	KIN 4062	Concepts of Human Aging	3
KIN 4090	Foundations of Coaching	3	KIN 4097	Mentoring Human Anatomy	3
KIN 4900	Concepts in Physical Therapy	3	HLED 4020	Food, Health, and Justice	3
HLED 4130	Mgmt. of Coordinated School Health	3			

<sup>1</sup>One of two is required; other course may be taken as an elective

<sup>2</sup>May be taken prior to admission to the *Professional Program*

<sup>3</sup>Application and Instructor permission required.

<sup>4</sup>Pre-requisite KIN 3042

<sup>5</sup>Pre-requisite KIN 3010 & KIN 3021

For students pursuing the Therapeutic Science emphasis (e.g. medicine, physician assistant, PT, OT, optometry, chiropractic, etc.), ~16 credit hours of additional science/math elective coursework offered outside the Division of Kinesiology & Health is typically required. Students should meet with their advisor and/or the College of Health Sciences pre-professional advisors to determine which elective science/math course is required/recommended. Elective coursework should be included in junior/senior program planning based on student needs and course availability. Some science course are only offered one time per year (either fall or spring) so advance planning is recommend. Of the 16 additional science/math courses needed for students pursuing a Therapeutic Sciences emphasis, 6-9 credit hours may be applied as "Elective courses" in the junior/senior year coursework.

**Therapeutic Science Elective Courses (Junior/Senior Years; Pre-requisite course for some pre-health professional programs; Academic advising recommended).**

CHEM 2420	Organic Chemistry I	4	CHEM 2440	Organic Chemistry II	4
LIFE 2022	Animal Biology	4	LIFE 3050	Genetics	4
MICR 2240	Medical Microbiology	4	MOLB 3610	Principles of Biochemistry	4
MOLB 4100	Clinical Biochemistry	3	MOLB 4600	Biochemistry I	3
PHYS 1120	General Physics II	4	PSYC 2300	Developmental Psychology	3
PSYC 2340	Abnormal Psychology	3	PSYC 3250	Health Psychology	3
ZOO 4125	Integrative Physiology	4			