# Bachelor of Science (BS) in Kinesiology and Rehabilitation Science

## Specialization: Health and Exercise Science (HES)

### Admissions: Open  Process: Declaration

Min. Total Credits: 120 (108 in core & major + 12 in electives)

## UHM General Education Core Requirements

### Foundations
- **FW** ENG 100, 100A, 190, ESL 100, or AMST 111
- **FQ** MATH 140 (highly recommended)
- **FG** (A / B / C)
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*Note: This requirement changed in Fall 2018. If you entered the UH System prior to that, please see your college/school advisor.*

### Diversification
- **DA** / **DH** / **DL**
- **DB** FSHN 185
- **DP** CHEM 161
- **DY** CHEM 161L
- **DS** KRS 473

* See degree, college and major requirements for courses that can also fulfill these.

## UHM Graduation Requirements

### Focus
- **H**
- **E** (300+) KRS 473
- **O** (300+) KRS 443
- **W**
- **W** KRS 473
- **W** KRS 477
- **W** (300+) KRS 354L
- **W** (300+) KRS 488

### Hawaiian / Second Language
- The Hawaiian or Second Language requirement is **not** required for students admitted to the Kinesiology and Rehabilitation Sciences program.

### Credit Minimums
- 120 total applicable
- 30 in residence at UHM
- 45 upper division (300+ level) credits

### Grade Point Average
- 2.0 cumulative or higher *(Note: Other GPAs may be required)*
- To graduate from COE, students must meet the college’s higher GPA requirement(s).
- Good academic standing

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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: Open

Min. major credits: 70 credits; Min. C- grade in all courses

### Requirements

#### HES Core & Major-related Courses (52 credits)

**Required (43 credits)**

- KRS 152
- KRS 332
- KRS 415
- KRS 473
- KRS 488
- KRS 153
- KRS 353
- KRS 443
- KRS 474 or EDEP 429
- KRS 489
- KRS 203
- KRS 354
- KRS 463
- KRS 302
- KRS 305
- KRS 395
- KRS 419
- KRS 420
- KRS 421
- KRS 434
- KRS 471
- KRS 480
- KRS 484
- KRS 485
- WGSS 330

**Major-related required courses: choose three courses (9 credits)**

- __________
- __________
- __________

Choose three courses from the following:

- KRS 302, 305, 395, 419, 420, 421, 434, 470, 471, 480
- FSHN 480, 484, 485
- WGSS 330

#### HES Career Pathway Courses (minimum 15 credits)

*Check with your potential graduate school regarding prerequisites.*

**Course substitutions must be approved by a KRS advisor. HES Core, Major-related courses cannot be double-counted with Career Pathway courses.**

**Recommended Career Pathways**: credits can be taken from any category below. Some courses may require prerequisites.

- **Athletic Training**: BIOL 171/171L or 172/172L; HDFS 230; KRS 305, 395, 419, 420, 421, 480; PSY 100 or 240 or 371; HLTH 110, PHRM 203 (at KCC or LCC)
- **Physical/Occupational Therapy**: BIOL 171/171L, 172/172L; CHEM 162/162L; HDFS 230; MICR 130/140L; PHYS 152/152L; PSY 240 or 371; SOC 100; HLTH 110 (at KCC or LCC)
- **Exercise Specialist/Strength and Conditioning/Personal Training/Health Fitness Instructor**: FSHN 370; MICR 130; KRS 302, 384, 395, 401, 407, 434, 470, 484; PSY 371; SOC 353; WGSS 330
- **Sport Psychology / Rehabilitation Counseling**: EDEA 360; HDFS 230, 333; KRS 407, 434; PSY 220, 230, 240, 341, 342
- **Nutrition**: BIOC 241; CHEM 162/162L, 272/272L; FSHN 370, 389, 451, 475; HDFS 230; KRS 401, 470, 484; MICR 130; PSY 371
- **Health Promotion**: HDFS 230; KRS 270, 302, 395, 384, 401, 434, 470, 471, 484, 485; MEDT 151; PH 201; PSY 212; SOC 353, 354
- **Physician Assistant**: BIOC 241; BIOL 171/171L, 275/275L, 375/375L; CHEM 162/162L, 272/272L; HDFS 230; MICR 130; PSY 240, 371; HLTH 110, PHRM 203 (at KCC or LCC)
- **Education Related**: EDEA 360; EDEF 310, 360/STE 360; EDEP 311; HDFS 230; KRS 270, 271, 302, 384, 401, 434, 471, 484, 485; LTEC 112; SPED 304, 412, 445

#### HES Activity Elective Courses (minimum 3 credits)

**Must complete 3 credits**

Complete three credits from the following list of approved KRS activity courses:

- AS 101L, 102L, 201L
- KRS 102, 103, 104, 105, 135, 137, 151, 160, 161, 163, 164, 170, 171, 181, 182
- MSL 100, 101L, or 201

### Notes

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KRS Department Co-Chair: Christopher Stickley, PhD; estickle@hawaii.edu

KRS Advisor: Da Houl, houl@hawaii.edu

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