

**University of Hawai‘i at Mānoa**  
**College of Education Program Sheet 2023-2024**  
**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
<b>Foundations</b>
<input type="checkbox"/> FW ENG 100, 100A, 190, ESL 100, or AMST 111
<input type="checkbox"/> FQ* MATH 140 (highly recommended)
<input type="checkbox"/> FG (A / B / C)
<input type="checkbox"/> FG (A / B / C)
<i>*Note: This requirement changed in Fall 2018. If you entered the UH System prior to that, please see your college/school advisor.</i>
<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 KRS 473
<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+) KRS 473
<input type="checkbox"/> O (300+) KRS 443
<input type="checkbox"/> W
<input type="checkbox"/> W KRS 473
<input type="checkbox"/> W KRS 477
<input type="checkbox"/> W (300+) KRS 354L
<input type="checkbox"/> W (300+) KRS 488
<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>Current UHM students: submit an application before the start of the semester Apply: <a href="http://makalei.coe.hawaii.edu">makalei.coe.hawaii.edu</a></li> <li>New UHM students: submit an application to UHM Office of Admissions by their deadline Apply: <a href="http://manoa.hawaii.edu/admissions/">manoa.hawaii.edu/admissions/</a></li> </ul>
<ul style="list-style-type: none"> <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 (FQ)</b>
<input type="checkbox"/> MATH 140*FQ (highly recommended) or any FQ
<b>HES Core &amp; Major-related Requirements</b>
*HES Core & Major-related courses cannot be double-counted with career pathway courses.
Minimum Grade: C- or better
<b>Science Requirements (DB, DP, DY)</b>
Minimum Grade: C- or better
<input type="checkbox"/> KRS 113*DB <b>or</b> PHYL 141*DB /141L*DY <b>and</b> PHYL 142*DB/ 142L*DY
<input type="checkbox"/> PHYS 100*DP/100L*DY <b>or</b> 151*DP/151L*DY (highly recommended) <b>or</b> 170*DP/170L*DY
<input type="checkbox"/> CHEM 161*DP/ <input type="checkbox"/> CHEM 161L*DY
<input type="checkbox"/> FSHN 185*DB
<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: Open

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

**Requirements****HES Core & Major-related Courses (52 credits)**

<b>Required (43 credits)</b>	<input type="checkbox"/> KRS 152	<input type="checkbox"/> KRS 153	<input type="checkbox"/> KRS 203
	<input type="checkbox"/> KRS 332*DB	<input type="checkbox"/> KRS 353*DB	<input type="checkbox"/> KRS 354*DB / <input type="checkbox"/> 354L
	<input type="checkbox"/> KRS 415*DB	<input type="checkbox"/> KRS 443	<input type="checkbox"/> KRS 463*DB
	<input type="checkbox"/> KRS 473*DS	<input type="checkbox"/> KRS 474 or EDEP 429*DS	<input type="checkbox"/> KRS 477
	<input type="checkbox"/> KRS 488	<input type="checkbox"/> KRS 489	

<b>Major-related required courses: choose three courses (9 credits)</b>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<b>Choose three courses from the following:</b> KRS 302, 305*DB, 395*DB, 401, 407*DS, 419, 420, 421, 434, 470, 471, 480*DB/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.**

<b>Athletic Training</b>	BIOL 171/171L or 172/172L; HDF5 230; KRS 305, 395, 419, 420, 421, 480; PSY 100 or 240 or 371; HLTH 110, PHRM 203 (at KCC or LCC)
<b>Physical/Occupational Therapy</b>	BIOL 171/171L, 172/172L; CHEM 162/162L; HDF5 230; MICR 130/140L; PHYS 152/152L; PSY 240 or 371; SOC 100; HLTH 110 (at KCC or LCC)
<b>Exercise Specialist/Strength and Conditioning/Personal Training/Health Fitness Instructor</b>	FSHN 370; MICR 130; KRS 302, 384, 395, 401, 407, 434, 470, 484; PSY 371; SOC 353; WGSS 330
<b>Sport Psychology / Rehabilitation Counseling</b>	EDEA 360; HDF5 230, 333; KRS 407, 434; PSY 220, 230, 240, 341, 342
<b>Nutrition</b>	BIOC 241; CHEM 162/162L, 272/272L; FSHN 370, 389, 451, 475; HDF5 230; KRS 401, 470, 484; MICR 130; PSY 371
<b>Health Promotion</b>	HDF5 230; KRS 270, 302, 395, 384, 401, 434, 470, 471, 484, 485; MEDT 151; PH 201; PSY 212; SOC 353, 354
<b>Physician Assistant</b>	BIOC 241; BIOL 171/171L, 275/275L, 375/375L; CHEM 162/162L, 272/272L; HDF5 230; MICR 130; PSY 240, 371; HLTH 110, PHRM 203 (at KCC or LCC)
<b>Education Related</b>	EDEA 360; EDEF 310, 360/STE 360; EDEP 311; HDF5 230; KRS 270, 271, 302, 384, 401, 434, 471, 484, 485; LTEC 112; SPED 304, 412, 445

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

<b>Must complete 3 credits</b>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<b>Complete three credits from the following list of approved KRS activity courses:</b> 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**

College of Education, Office of Student Academic Services: Everly 126; (808) 956-7915; [osas@hawaii.edu](mailto:osas@hawaii.edu); [coe.hawaii.edu](http://coe.hawaii.edu)  
 Director: Denise Nakaoka; Everly 126; (808) 956-4274; [nakaoka@hawaii.edu](mailto:nakaoka@hawaii.edu)  
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 Education Faculty Advisors: Alyssa Kapaona; Everly 126; (808) 956-4269; [akapaona@hawaii.edu](mailto:akapaona@hawaii.edu)  
 Jolene Muneno; Everly 126; (808) 956-4268; [jmuneno@hawaii.edu](mailto:jmuneno@hawaii.edu)

Pu'uhooua: Hale for Native Hawaiian Student Support, [puuhonua@hawaii.edu](mailto:puuhonua@hawaii.edu)  
 Puahia: First Year & Transfer Student Support, [puahia@hawaii.edu](mailto:puahia@hawaii.edu)  
 Tinalak: Filipino Student Support, [tinalak@hawaii.edu](mailto:tinalak@hawaii.edu)

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