All freshman students entering Kinesiology at the University of Michigan will abide by the rules of the Bulletin which is in effect at the time of their admission. The Kinesiology Bulletin is published on our website, www.kines.umich.edu. The Bulletin includes Academic Program information for each of the degrees awarded in Kinesiology, and also includes important information about Academic Policies, Grading, Honors, Registration, and other important topics.

The attached Freshman and Sophomore Plan is meant to be a suggested guide to course selection and sequencing during your first and second years in Kinesiology. Students may elect to take recommended or required courses either term depending on personal scheduling preferences, unless a sequence is determined by prerequisites. Students may also make adjustments to the plans based on placement test or AP test results as well. Please plan to discuss this with your advisor.

Students who are undecided as to the program they wish to declare, can use the guide to select courses required by all the programs. Students can also examine the suggested first and second year courses for each program and make selections based on their interest in that program. The guide also includes information about Distribution requirements – courses taken outside of Kinesiology which fulfill requirements in Humanities/Language, Social Science, and Natural Science/Quantitative Reasoning required to complete your degree.

You can also use this guide as a tracking sheet. As you complete the suggested courses, record the term in which you took the course and the grade you earned. Bring this to your advising sessions to discuss with your Academic Advisor. This will help you keep track of your progress toward your degree.

**Abbreviations:**

AT – Athletic Training  
MS – Movement Science  
PE – Physical Education  
SM – Sport Management  

FA – Fall term  
WI – Winter term  
SP – Spring term  
SU – Summer term

1 – Freshman year  
2 – Sophomore year
### Kinesiology Core - all programs

<table>
<thead>
<tr>
<th>Dept. Code</th>
<th>#</th>
<th>Course Name (Distribution Group)</th>
<th>Terms offered</th>
<th>Term Suggested</th>
<th>Year Suggested</th>
<th>Credits</th>
<th>Term taken</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGLISH</td>
<td>125</td>
<td>ENGLISH 125 College Writing</td>
<td>FA, WI</td>
<td>FA</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOVESCI</td>
<td>110</td>
<td>MOVESCI 110 Biological &amp; Behavioral Bases of Human Movement</td>
<td>FA, WI</td>
<td>FA</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPTMGMTC</td>
<td>101</td>
<td>SPTMGMTC 101 Public Interpersonal Communication (HUM)</td>
<td>FA, WI</td>
<td>FA</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPTMGMTC</td>
<td>111</td>
<td>SPTMGMTC 111 Historical &amp; Sociological Bases of Human Movement</td>
<td>FA, WI</td>
<td>FA (PE, SM)</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCH</td>
<td>111</td>
<td>PSYCH 111 Introduction to Psychology (SS) Note: PSYCH 112 is alternate choice for MS</td>
<td>FA, WI</td>
<td>WI (PE, SM)</td>
<td>1 (PE, SM)</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td>PSYCH 112 Psychology as a Natural Science (NS) Note: PSYCH 111 is an alternate choice for MS</td>
<td>FA, WI</td>
<td>WI (MS alt.)</td>
<td>2 (MS alt.)</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGLISH</td>
<td>225</td>
<td>ENGLISH 225 Argumentative Writing (HUM)</td>
<td>FA, WI</td>
<td>FA</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Distribution Requirements – all programs
Courses selected should meet LS&A Distribution requirements for the areas listed. Select courses each term both Freshman and Sophomore years to substantially complete Distribution requirements by the end of Sophomore year. Please note that each program has additional requirements outside of Kinesiology which may count as distribution requirements. These are indicated on page 2.

<table>
<thead>
<tr>
<th>Humanities &amp; Language Requirement (HUM)</th>
<th>Natural Science &amp; Quantitative Reasoning (NS)</th>
<th>Social Science (SS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 credits (AT, MS, SM)</td>
<td>12 credits (AT, MS, PE, SM)</td>
<td>9 credits (PE)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit</th>
<th>Term</th>
<th>Grade</th>
<th>Course</th>
<th>Credit</th>
<th>Term</th>
<th>Grade</th>
<th>Course</th>
<th>Credit</th>
<th>Term</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPTMGMTC</td>
<td>3</td>
<td></td>
<td></td>
<td>PSYCH</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGLISH</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total</th>
<th>Total</th>
<th>Total</th>
<th>Total</th>
</tr>
</thead>
</table>

Notes:

Over for specific program suggestions Freshman and Sophomore years
Athletic Training – additional courses required to apply to program at the end of the freshman year:

<table>
<thead>
<tr>
<th>Dept. Code</th>
<th>#</th>
<th>Course Name (Distribution Type)</th>
<th>Terms offered</th>
<th>Term Suggested</th>
<th>Year Suggested</th>
<th>Credits</th>
<th>Term taken</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT</td>
<td>300</td>
<td>Human Anatomy (NS)</td>
<td>FA</td>
<td>FA</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AT</td>
<td>260</td>
<td>Introduction to Athletic Training</td>
<td>WI</td>
<td>WI</td>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSED</td>
<td>316</td>
<td>First Aid &amp; Safety Education</td>
<td>FA, WI</td>
<td>WI</td>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MATH</td>
<td>105</td>
<td>Data, Functions &amp; Graphs (NS)</td>
<td>FA, WI</td>
<td>WI</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Movement Science – additional courses suggested Freshman and Sophomore years:

<table>
<thead>
<tr>
<th>Dept. Code</th>
<th>#</th>
<th>Course Name (Distribution Type)</th>
<th>Terms offered</th>
<th>Term Suggested</th>
<th>Year Suggested</th>
<th>Credits</th>
<th>Term taken</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH</td>
<td>105</td>
<td>Data, Functions &amp; Graphs (NS)</td>
<td>FA, WI</td>
<td>WI</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSIOL</td>
<td>201</td>
<td>Introduction to Human Physiology (NS)</td>
<td>FA</td>
<td>FA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEDADM</td>
<td>401</td>
<td>The Human Body (NS)</td>
<td>FA</td>
<td>FA</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM</td>
<td>130</td>
<td>General Chemistry (NS)</td>
<td>FA, WI</td>
<td>WI</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOVESCI</td>
<td>250</td>
<td>Statistics and Research Methods in Movement Science</td>
<td>WI</td>
<td>WI</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Physical Education – additional courses suggested Freshman and Sophomore years:

<table>
<thead>
<tr>
<th>Dept. Code</th>
<th>#</th>
<th>Course Name (Distribution Type)</th>
<th>Terms offered</th>
<th>Term Suggested</th>
<th>Year Suggested</th>
<th>Credits</th>
<th>Term taken</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYSED</td>
<td>316</td>
<td>First Aid &amp; Safety Education</td>
<td>FA</td>
<td>FA</td>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MATH</td>
<td>105</td>
<td>Data, Functions &amp; Graphs (NS)</td>
<td>FA, WI</td>
<td>WI</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSED</td>
<td>310</td>
<td>Applied Human Anatomy and Physiology (NS)</td>
<td>FA</td>
<td>FA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSICS</td>
<td>349</td>
<td>Water Safety Instructor/Life Guard</td>
<td>FA, WI, SP</td>
<td>FA</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSED</td>
<td>325</td>
<td>General Physics:Mechanics &amp; Sound (NS)</td>
<td>FA</td>
<td>FA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSED</td>
<td>332</td>
<td>Principles of Motor Behavior or MOVESCI 320 Motor Control – 4 cr.</td>
<td>WI</td>
<td>WI</td>
<td>2</td>
<td>3 - 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSED</td>
<td>252</td>
<td>Tests &amp; Measurements or MOVESCI 250 Statistics and Research Methods in Movement Science - 4 cr.</td>
<td>WI</td>
<td>WI</td>
<td>2</td>
<td>3 - 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PHYSED</td>
<td>254</td>
<td>Fundamental Movement Skills in Children</td>
<td>WI</td>
<td>WI</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSYCH</td>
<td>250</td>
<td>Introduction to Developmental Psychology (SS)</td>
<td>FA, WI</td>
<td>WI</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sport Management – additional courses strongly suggested to be complete before applying to program Sophomore year:

<table>
<thead>
<tr>
<th>Dept. Code</th>
<th>#</th>
<th>Course Name (Distribution Type)</th>
<th>Terms offered</th>
<th>Term Suggested</th>
<th>Year Suggested</th>
<th>Credits</th>
<th>Term taken</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECON</td>
<td>101</td>
<td>Principles of Economics I (SS)</td>
<td>FA, WI</td>
<td>FA, WI</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ECON</td>
<td>102</td>
<td>Principles of Economics II (SS)</td>
<td>FA, WI</td>
<td>FA, WI</td>
<td>1</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACC</td>
<td>271</td>
<td>Principles of Accounting I (NS)</td>
<td>FA, WI</td>
<td>FA, WI</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STATS</td>
<td>100</td>
<td>Introduction to Statistical Reasoning (NS)</td>
<td>FA, WI</td>
<td>FA, WI</td>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>