Bachelor of Science (BS) in Kinesiology and Rehabilitation Science  
Specialization: Health and Exercise Science (HES)  
Admissions: Open  
Process: Declaration  
Min. Total Credits: 120 (120 in core & major + 0 in electives)

### UHM General Education Core Requirements

#### Foundations
- FW  ENG 100, 100A, 190, or ESL 100
- FS  MATH 140 (highly recommended)
- FG (A / B / C)
- FG (A / B / C)

#### Diversification
- DA / DH / DL
- DA / DH / DL
- DB  KRS 113, PHYL 103, or PHYL 141 and 142, FSHN 185
- DP  PHYS 100, 151, 171, or CHEM 161
- DY  PHYS 100L, 151L, 171L, or CHEM 161
- DS  FAMR 230 or PSY 240
- DS

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

### UHM Graduation Requirements

#### Focus
- H
- E (300+)
- O (300+)
- W
- W
- W
- W (300+)
- W (300+)

#### 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:** Deadline = March 1 for Fall entrance; September 1 for Spring entrance

Min. major credits: 75-78 credits; Min. C- grade in all courses

<table>
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<tr>
<th>Requirements</th>
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<tbody>
<tr>
<td><strong>HES Core Courses</strong> (58-59 credits)</td>
</tr>
<tr>
<td>- KRS 152</td>
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<td>- KRS 153</td>
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<td>- KRS 203</td>
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<td>- KRS 305*</td>
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<td>- KRS 332 or 432</td>
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<td>- KRS 353</td>
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<td>- KRS 354 / 354L</td>
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<td>- KRS 395</td>
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<td>- KRS 415</td>
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<td>- KRS 419</td>
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<td>- KRS 421</td>
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<td>- KRS 443</td>
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<td>- KRS 454 / 454L</td>
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<td>- KRS 488</td>
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<td>- KRS 489</td>
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<td>- KRS 474 or EDEP 429*</td>
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<td>- ICS 101B or LTEC 112</td>
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### Requirements

**Students are required to complete EITHER:** (1) 6 credits of Activity Elective Courses AND 12 credits of Career Pathways courses OR (2) 3 credits of Activity Elective Courses and 15 credits of Career Pathways coursework. Substitutions within Career Pathways may be made; however, these substitutions must be cleared by a KRS advisor.

**HES Career Pathway Elective Courses (12-15 credits)**

12-15 credits in approved and recommended elective courses:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

**HES Activity Elective Courses (3-6 credits)**

3-6 credits in approved KRS activity classes:

- [ ]
- [ ]

List of approved KRS activity courses: KRS 102, 103, 104, 105, 135, 137, 151, 160, 161, 163, 164, 170, 171, 181, or 182.

### Notes

College of Education, Office of Student Academic Services: Everly 126; (808) 956-7915; osas@hawaii.edu; coe.hawaii.edu

Education Faculty Advisors:
- Denise Abara; Everly 126; (808) 956-5192; dabara@hawaii.edu
- Tom Benjamin; Laulima 217 at UH Ctr-Maui CC; (808) 984-3526; tbenjami@hawaii.edu
- Pohai Libarios; Everly 126; (808) 956-4268; plibario@hawaii.edu
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- Denise Nakaoka; Everly 126; (808) 956-4274; nakaoka@hawaii.edu
- Karen Wilson; B3 at UH Ctr-West Hawai‘i; (808) 322-1549; wilsonkl@hawaii.edu
- Melvin Spencer; Everly 126; (808) 956-4269; melvins@hawaii.edu

Pu‘uhonua: Hale for Native Hawaiian Student Support, puuhonua@hawaii.edu

Puahia: First Year & Transfer Student Support, puahia@hawaii.edu

Tinalak: Filipino Student Support, tinalak@hawaii.edu

Department of Kinesiology and Rehabilitation Science: PE/A 231; (808) 956-7606; coe.hawaii.edu/krs; deptkrs@hawaii.edu

KRS Undergraduate Chair: Nathan Murata, PhD; PE/A 221; (808) 956-7606; nmurata@hawaii.edu

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Rev KR 3/15