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| UHM General Education Core Requirements |
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| Foundations |
| * FW ENG 100, 100A, 190, ESL 100, or AMST 111 |
| * FQ\* MATH 140 (highly recommended) |
| * FG (A / B / C) |
| * FG (A / B / C) |
| *\*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 |
| * DA / DH / DL |
| * DB FSHN 185 |
| * DP CHEM 161 |
| * DY CHEM 161L |
| * DS |
| * 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+) |
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| Hawaiian / Second Language |
| * The Hawaiian or Second Language requirement is **not** required for students admitted to the Kinesiology and Rehabilitation Sciences program. |
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| **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 |

*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*

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| College Requirements |
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| Admission Requirements |
| * Fall and Spring admission. |
| * Submit an application no later than the following:   + **March 1** for fall semester   + **October 1** for spring semester   Apply: https://Makalei.coe.hawaii.edu |
| * 2.50 cumulative GPA in all post-secondary institutions |
| * 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). |
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| **Math Requirement (FQ)** |
| * MATH 140\*FQ (highly recommended) or any FQ |
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| **HES Core Requirements** |
| \*HES Core courses cannot be double-counted with career pathway courses. |
| Minimum Grade: C- or better |
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| **Science Requirements (DB, DP, DY)** |
| * KRS 113\* DB  **or** PHYL 103\*DB **or** 141\*DB /141L\*DY **and** PHYL 142DB/ 142LDY |
| * PHYS 100\*DP/100L\*DY **or** 151\*DP/151L\*DY (highly recommended) **or** 170\*DP /170L\*DY |
| * CHEM 161\*DP/❑ CHEM 161L\*DY |
| * FSHN 185\*DB |
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| **Required Graduation Grade Point Averages** |
| * 2.50 GPA or higher |

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| **Major Requirements and BS in Kinesiology and Rehabilitation Science** | | |
| Specialization: Health and Exercise Science (HES) | | |
| Application: Deadline = March 1 for Fall entrance; October 1 for Spring entrance | | |
| Min. major credits: 75-78 credits; Min. C- grade in all courses | | |
| **Requirements** | | |
| **HES Core Courses (58-59 credits)** | | |
| **Required Courses** | | ❑ KRS 152 ❑ KRS 153 ❑ KRS 203 ❑ KRS 305\*DB  ❑ KRS 332 ❑ KRS 353 ❑ KRS 354 / ❑ 354L  ❑ KRS 395 ❑ KRS 415 ❑ KRS 419 ❑ KRS 420  ❑ KRS 421 ❑ KRS 443 ❑ KRS 463 ❑ KRS 480  ❑ KRS 488 ❑ KRS 489 ❑ KRS 474 or EDEP 429\*DS  ❑ ICS 101 or LTEC 112 |
| **HES Career Pathways and Activity Elective Coursework (minimum 18 credits)** | | |
| *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) Check with your potential graduate school** | | |
| **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: 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.\** | | |
| \* A maximum of 3 activity credits from select Aerospace Studies (AS) and Military Science and Leadership (MSL) courses or equivalent may be applied. | | |
| **Recommended Career Pathways: credits can be taken from any category below. Some courses may require prerequisites; HES Core Courses cannot be double-counted with Career Pathways courses.** | | |
| **Athletic Training** | | BIOL 171/171L, 172/172L; KRS 470; PHYS 152/152L; PSY 240, 371; HLTH 110, PHRM 203 (at KCC or LCC); PHYL 301/301L, 302/302L |
| **Physical/Occupational Therapy** | | BIOL 171/171L, 172/172L, 275; BIOC 241; CHEM 162/162L; MATH 241; MICR 130/140L; PHYS 152/152L; PSY 230, 240, 371; PHYL 301/301L, 302/302L |
| **Exercise Specialist/Strength and Conditioning/Personal Training/ Health Fitness Instructor** | | FSHN 370, 389, 451, 475; MICR 130; KRS 210, 384, 401, 407, 434, 470, 477, 484 |
| **Sport Psychology /**  **Rehabilitation Counseling** | | EDEA 360; HDFS 333; KRS 210, 407, 434; PSY 220, 230, 240, 322, 341 |
| **Nutrition** | | BIOC 241; CHEM 162/162L, 272/272L; FSHN 370, 389, 451, 475; KRS 210, 401, 470, 484; MICR 130 |
| **Health Promotion** | | KRS 210, 270, 384, 401, 434, 470, 477, 484, 485; PH 201 |
| **Physician Assistant** | | BIOC 241; BIOL 171/171L, 275/275L, 375/375L; CHEM 162/162L, 272/272L; MICR 130; PHYL 301/301L; PSY 240, 371; HLTH 110, PHRM 203 (at KCC or LCC) |
| **Education Related** | | EDEA 360; EDEF 310, 360/ITE 360; EDEP 201; KRS 270, 384, 401, 434; SPED 304, 412, 445 |
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| **Notes** | | |
| College of Education, Office of Student Academic Services: Everly 126; (808) 956-7915; osas@hawaii.edu; coe.hawaii.edu | | |
| Director:  Associate Director:  Education Faculty Advisors: | Denise Nakaoka; Everly 126; (808) 956-4274; nakaoka@hawaii.edu  Denise Abara; Everly 126; (808) 956-5192; dabara@hawaii.edu  Alyssa Kapaona; Everly 126; (808) 956-4269; [akapaona@hawaii.edu](mailto:akapaona@hawaii.edu)  Reid Kuioka; Everly 126; (808) 956-5371; rkuioka@hawaii.edu  Jolene Muneno; Everly 126; (808) 956-4268; jsmuneno@hawaii.edu  Karen Wilson; UH Ctr-Pālamanui; (808) 209-8031; wilsonkl@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 Department Chair: Charles Morgan, PhD; PE/A 210; (808) 956-7606; morganc@hawaii.edu  KRS Advisor: Da Houl, houl@hawaii.edu | | |

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