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| 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)
 |
| * 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
 |
|  |
| **HES Core Requirements** |
| \*HES Core courses cannot be double-counted with career pathway courses. |
| Minimum Grade: C- or better |
|  |
| **Science Requirements (DB, DP, DY)** |
| * KRS 113\* 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 or 15 credits) Check with your potential graduate school** |
| **12-15 credits** in approved and recommended elective courses: ❑ \_\_\_\_\_\_\_\_\_\_ ❑ \_\_\_\_\_\_\_\_\_\_ ❑ \_\_\_\_\_\_\_\_\_\_ ❑ \_\_\_\_\_\_\_\_\_\_ ❑ \_\_\_\_\_\_\_\_\_\_  |
| **HES Activity Elective Courses (3 or 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; HLTH 110 |
| **Exercise Specialist/Strength and Conditioning/Personal Training/ Health Fitness Instructor** | FSHN 370; MICR 130; KRS 384, 401, 407, 434, 470, 484; WS 330; SOC 353; PSY 371 |
| **Sport Psychology /****Rehabilitation Counseling** | EDEA 360; HDFS 333; KRS 407, 434; PSY 220, 230, 240, 322, 341, 342 |
| **Nutrition** | BIOC 241; CHEM 162/162L, 272/272L; FSHN 370, 389, 451, 475; KRS 401, 470, 484; MICR 130; PSY 371 |
| **Health Promotion** | KRS 270, 384, 401, 434, 470, 477, 484, 485; PH 201; PSY 212; SOC 353, 354 |
| **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 311; KRS 270, 384, 401, 434; SPED 304, 412, 445 |
|  |  |
| **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.eduDenise Abara; Everly 126; (808) 956-5192; dabara@hawaii.eduAlyssa Kapaona; Everly 126; (808) 956-4269; akapaona@hawaii.eduJolene Muneno; Everly 126; (808) 956-4268; jsmuneno@hawaii.edu |
| Pu‘uhonua:Hale for Native Hawaiian Student Support, puuhonua@hawaii.eduPuahia: First Year & Transfer Student Support, puahia@hawaii.eduTinalak: 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 Co-Chair: Christopher Stickley, PhD; cstickle@hawaii.eduKRS Advisor: Da Houl, houl@hawaii.edu |

Rev KR 4/2020