

Pre-medical Student Example Four Year Plan

Kinesiology

Year One

Fall Classes	Extracurricular	Spring Classes	Extracurricular	Mayterm/Summer Classes	Extracurricular
1. CHM 5 (4) m,ps		1. CHM 6 (4) m		1.	- Medically-related
2. MA 9 (4) ra,q		2. BIO 5 (4) m		2.	Job/Volunteer or
3. KNS 72 (2) m		3. ENG 2^ (4) wla		3.	Research
4. KNS/BIO 11 (4) m		4. MA 5 (4) m		4.	
5. PEA (1)		5. PEA (1)			
Total	15		17		32

Year Two

Fall Classes	Extracurricular	Spring Classes	Extracurricular	Mayterm/Summer Classes	Extracurricular
1. CHM 101 (4)	- Medically-related	1. CHM 102 (4)	- Medically-related	1.	- Medically related
2. BIO 6 (4)	Job/Volunteer or	2. BIO 114 (4) w	Job/Volunteer or	2.	Job/Volunteer or
3. PSY 1 (4) m,ls	Research	3. KNS/BIO 40 (4) m	Research	3.	Research
4. RS 1 (4) cc		4. RS 20 (4) cc		4.	
5. PEA (1)		5. PEA (1)			
Total	17		17		34

Year Three

Fall Classes	Extracurricular	Spring Classes	Extracurricular	Mayterm/Summer Classes	Extracurricular
1. BIO 113 (4)	- Beg MCAT prep	1. ART 1 (4) a	- MCAT**	1. Take MCAT by**	- AMCAS
2. BIO 102 (4) m	- Medically-related	2. KNS 185 (4) m	- Declaration of Intent	2. Middle of July	- Medically related
3. SOC 1 (4) us	Job/Volunteer or	3. PHI 6 (4) cc	- Form Committee	3.	Job/Volunteer or
4. PHY 11* (4)	Research	4. PHY 13* (4)	- Medically-related	4.	Research
5.		5. PHY 14* (1)	Job/Volunteer or		
6.		6.	Research		
Total	16-17		17		31

Year Four

Fall Classes	Extracurricular	Spring Classes	Extracurricular	Mayterm/Summer Classes	Extracurricular
1. KNS 181 (4) m	- Secondary Apps.	1. KNS 195 (2) m	- School Decisions	1.	- Med School Prep
2. RS 10 (4) cc	- Med Interviews	2. KNS 105 (4) m	- Medically-related	2.	
3. HIS 10 (4) cc	- Medically-related	3. F. Lang (4) fl	Job/Volunteer or	3.	
4. ENG 6 (4) ril,w	Job/Volunteer or	4. KNS 101 (4) m	Research	4.	
5.	Research	5. RS 151 (4) tg,th			
6.		6.			
Total	16		18		3

(This schedule is based on the suggested timeline AAMC Medical School Admission Requirements.)

Total: **131 unit**

Color Codes: MCAT | Highly recommended for Med School | MCAT & Major | Major | GE at Westmont | other GE and Electives

^ Those with AP/IB credit for English 2 should take Eng. 104 in the junior or senior year.

* PHY 11,13, and 14 can also be taken during the second year.

** MCAT is normally taken after the 3rd year (May date is preferred, middle of July is the latest)

GE requirement Code

cc	Common Contexts (5 courses)
Common Inquiry (8 courses)	
ps	Exploring the Physical Sciences
ls	Exploring the Life Sciences
ra	Reasoning Abstractly
ril	Reading Imaginative Literature
a	Performing and Interpreting the Arts
tg	Thinking Globally
th	Thinking Historically
us	Understanding Society
Others	
w	Writing/Speech Intensive
wla	Writing for the Liberal Arts
fl	Modern/Foreign Language
imd	Integrating the Major Discipline
pp	Productions and Presentations
q	Quantitative and Analytical Reasoning
ss	Serving Society and Enacting Justice
m	Major required course

KNS 72	Foundations of Kinesiology
KNS 101	Biomechanics
KNS 105	Physiology of Exercise
KNS 166	Public Speaking in Kinesiology
KNS 181	Special Populations
KNS 185	Motor Behavior
KNS 195	Senior Seminar

Course Numbers and Names

CHM 5, 6	General Chemistry I, II
CHM 101, 102	Organic Chemistry I, II
MA 9, 10	Elementary Calculus I, II
MA 5	Introduction to Statistics
ENG 2	English Composition
ENG 104	Modern Grammar & Advanced Composition
ENG 6	Studies in Literature
BIO 5, 6	General Biology I, II
BIO 11	Human Anatomy
BIO 12/102	Human Physiology/Physiology
BIO 40	Nutrition
CHM / BIO 113	Biochemistry
BIO 114	Genetics
PHY 11, 13	Physics for Life Sciences I, II
PHY 21, 23	General Physics I, II (Calculus based)
PHY 14	Physics for Life Sciences Lab
PHY 22, 24	General Physics Lab I, II
PSY 1	General Psychology

Common Context Courses

RS 1	Life and Literature of the Old Testament
RS 10	Life and Literature of the New Testament
RS 20	Introduction to Christian Doctrine
PHI 6	Philosophical Perspectives
HIS 10	Perspectives on World History
Others	
SOC 1	Introduction to Sociology
APP 190 ss	Applied Studies; Serving Society Internship (zero units)

NOTE: PHY 21/23 (General Physics) can be taken, but PHY 11/13 (Physics for Life Sciences) is recommended.