



Northern Marianas College

Individualized Degree Plan (IDP)

Associate of Arts in Liberal Arts with an Emphasis in Kinesiology

Name: _____

Start Date/Term: _____


Student ID Number (PC#): _____

English Placement: _____

Phone Number: _____

Math Placement: _____

Course Title	Course ID	Credit	Semester Offered	Term & Year	Grade	Alternative
Core Course Requirements						
College Success	BE 111	3				
English Composition I	EN 101	3				
Intermediate Algebra (or higher)	MA 132 +	4				
Fundamentals of Speech Communication	CO 210	3				
Personal Health (or higher)	HE 150	3				
Current Issues in the CNMI	SO 297	3				
Total		19				
General Education Requirements						
English Composition II	EN 202	3				
General Psychology	PY 101	3				
Human Growth and Development	PY 201	3				
Biological Science/Lab	BI 101	4				
Physical Science/Lab	CH 124	4				
Total		17				
Major Requirements						
Introduction to Kinesiology	KI 111	1	Fall			
Nutrition and Health	HE 230	3				
Kinesiology	KI 280	4	Fall			
PE (Individual PE)		1				
PE (Group PE)		1				
Human Anatomy & Physiology I	BI 251	4				
Human Anatomy & Physiology II	BI 252	4				
Total		18				
Major Electives (Choose 2)						
Health & PE - Recreation & Leisure	HE 245	3	Spring			
Introduction to Sports Coaching	PE 229	3	Spring			
Public Health	HE 220	3	Fall			
Personal Training	KI 210	3	Fall			
Total		6				
Minimum Credits Needed to Graduate		60				

Lorraine C. Maui  10/04/24
Lorraine Maui (Apr 10, 2024 17:44 GMT+10)

Advisor

Date

Interim Dean, Academic Programs & Services Date

DEVELOPMENTAL COURSE PROGRESS

Only “P” indicates a passing grade. “NP” indicates no passing Grade.

NDU Math Course ID	Term & Year	Grade	NDU English Course ID	Term & Year	Grade
MA 087 (3 NDU)			EN 070 (6 NDU)		
MA 089 (3 NDU)			EN 071 (6 NDU)		
MA 091 (4 NDU)			EN 072 (6 NDU)		
			EN 073(6 NDU)		
			EN 074 (6 NDU)		
			EN 082 (4 NDU)		
			EN 085 (4 NDU)		
			EN 092 (4 NDU)		
			EN 095 (4 NDU)		

SUGGESTED COURSE SEQUENCE for EN 101 English Placement & MA 132 Placement			
Semester 1	Semester 2	Semester 3	Semester 4
<ul style="list-style-type: none"> • BE 111 (3crs) • KI 111 (1 cr) • HE 150 (3crs) • EN101 (3crs) • BI101 (4crs) • PE Activity (1 cr) <p><i>Total: 15 credits</i></p> <p><i>(15/60 credits)</i></p>	<ul style="list-style-type: none"> • CO 210 (3 crs) • MA 132 (4 crs) • CH 124 (4crs) • Elective (3 crs) <p><i>Total: 14 credits</i></p> <p><i>(29/60 credits)</i></p>	<ul style="list-style-type: none"> • BI 251 (4crs) • KI 280 (4crs) • PE Activity (1cr) • HE 230 (3crs) • PY 101 (3crs) <p><i>Total: 15 credits</i></p> <p><i>(44/60 credits)</i></p>	<ul style="list-style-type: none"> • SO 297 (3crs) • BI 252 (4crs) • PY 201 (3crs) • EN 202 (3 crs) • Elective (3 crs) <p><i>Total: 16 credits</i></p> <p><i>(60/60 credits)</i></p>

Important Notice:

Students who declare one or more emphasis will receive one diploma upon graduation. The name of the degree program will appear on the diploma and the emphases earned will be listed on the graduate's transcript. Students may not add additional emphasis once the degree is conferred. After the degree is conferred, students cannot return to earn another emphasis in that degree. However, students are welcome to return and take classes required for that emphasis to enhance their resume for employment purposes.

Common Career Pathway for Kinesiologist:

Physical education, athletic coach, recreational directorships (community, private, or commercial), athletic trainer, personal trainer, wellness coach, biomechanist, exercise physiologist, public health official, physical therapist, occupational therapist, occupational wellness, cardiac rehabilitation, sports marketing, motor learning or development.

Fall, Year:	Spring, Year:	Summer, Year:
Fall, Year:	Spring, Year:	Summer, Year: