**Planning Your Time at Longwood**

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| **Student Name: Erin Dwinell** | **Student ID Number: L00391798** |
| **Major(s): Kinesiology** | **Major Advisor(s): Timothy Coffey** |
| **Minor(s):** | **Minor Advisor(s):** |
| **Has your major(s) advisor(s) approved this academic plan?  Yes  No** | **Date of Major Advisor Approval: 11/2/16** |
| **In the following plan, I have \_\_\_\_\_ TOTAL hours** | |

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| **YEAR 1** | | | | | | | | | | | | | | |
| **Fall \_\_\_2016\_\_** | | | | | **Spring \_\_2017\_\_** | | | | | **Summer \_\_2017\_\_\_** | | | | |
| Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credit |
| *ENGL- 150* |  |  |  | *3* | BIOL- 207 |  | X |  | 4 |  |  |  |  |  |
| HIST-100 |  |  |  | 3 | PHED- 101 |  |  |  | 2 |  |  |  |  |  |
| KINS-205 |  | X |  | 2 | SPAN- 201 |  |  |  | 3 |  |  |  |  |  |
| LSEM-100 | X |  |  | 1 | KINS 218 |  | X |  | 3 |  |  |  |  |  |
| MUSC- 224 | X |  |  | 3 | CHEM- 111 |  | X |  | 4 |  |  |  |  |  |
| PSYC- 101 |  |  |  | 3 |  |  |  |  |  |  |  |  |  |  |
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| Total Semester Hours | | | | 15 | Total Semester Hours | | | | 16 | Total Semester Hours | | | |  |
| Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | |

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| **YEAR 2** | | | | | | | | | | | | | | |
| **Fall \_\_2017\_\_\_** | | | | | **Spring \_\_2018\_\_\_** | | | | | **Summer \_\_2018\_\_\_** | | | | |
| Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credit |
| *ENGL- 201* | *X* |  |  | *3* | PHIL 308 | X |  |  | 3 | Study Abroad | X? |  |  |  |
| GNED 261 | X |  |  | 4 | PHYS 103 |  | X |  | 4 |  |  |  |  |  |
| BIO- 206 |  | X |  | 4 | KINS 215 |  | X |  | 3 |  |  |  |  |  |
| MATH 121 |  | X |  | 3 | MATH 171 | X |  |  | 3 |  |  |  |  |  |
|  |  |  |  |  | HONS 495 | X |  |  | ? |  |  |  |  |  |
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| Total Semester Hours | | | | 14 | Total Semester Hours | | | | 13 | Total Semester Hours | | | |  |
| Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | |

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| **YEAR 3** | | | | | | | | | | | | | | |
| **Fall \_\_\_2018\_\_** | | | | | **Spring \_\_2019\_\_\_** | | | | | **Summer \_\_2019\_\_\_** | | | | |
| Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credit |
| *KINS 387* |  | *X* |  | *4* | KINS 386 |  | X |  | 4 | KINS 392 |  | X |  | 8 |
| KINS 376 |  | X |  | 3 | KINS 486 |  | X |  | 4 |  |  |  |  |  |
| HLTH 335 |  | X |  | 3 | KINS 488 |  | X |  | 5 |  |  |  |  |  |
| KINS 316 |  | X |  | 3 | KINS 370 |  | X |  | 2 |  |  |  |  |  |
| CHEM 101 |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
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| Total Semester Hours | | | | 13 | Total Semester Hours | | | | 15 | Total Semester Hours | | | | 8 |
| Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | |

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| **YEAR 4** | | | | | | | | | | | | | | |
| **Fall \_\_2019\_\_\_** | | | | | **Spring \_\_2020\_\_\_** | | | | | **Summer \_\_\_\_\_** | | | | |
| Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credit |
| *KINS 400* |  | *X* |  | *1* | KINS 484 |  | X |  | 1 |  |  |  |  |  |
| KINS 385 |  | X |  | 3 | KINS 399 |  | X |  | 3 |  |  |  |  |  |
| KINS 470 |  | X |  | 3 | KINS 480 |  | X |  | 2 |  |  |  |  |  |
| BIO 412 |  |  |  | 4 | BIO 304 |  |  |  | 4 |  |  |  |  |  |
| ENG 400 | X |  |  | 3 | KINS 462 |  | X |  | 3 |  |  |  |  |  |
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| Total Semester Hours | | | | 14 | Total Semester Hours | | | | 13 | Total Semester Hours | | | |  |
| Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | |

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| **YEAR 5** | | | | | | | | | | | | | | |
| **Fall \_\_\_\_\_** | | | | | **Spring \_\_\_\_\_** | | | | | **Summer \_\_\_\_\_** | | | | |
| Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credits | Course | Honors | Major | Minor | Credit |
| *Ex. ANTH 200* | *x* | *x* |  | *3* |  |  |  |  |  |  |  |  |  |  |
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| Total Semester Hours | | | |  | Total Semester Hours | | | |  | Total Semester Hours | | | |  |
| Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | | Co-Curricular Pursuits: | | | | |

Honors Requirements

Mark an X if your plan accounts for the following requirements (if appropriate):

Eight Honors Courses

Three or more classes at or above Level 300

Honors LSEM

Honors ENGL 400 or GNED 400

Complete a Longwood-approved, credit-bearing study abroad program

Complete an E-portfolio

Complete an Honors Course at least every other semester

Enhance no more than 3 courses (preferably in your major, not below level 200)