

KINESIOLOGY (BS) - EXERCISE SCIENCE CONCENTRATION

Program Map

Course	Title	Credit Hours
First Year		
Fall		
ENGL 1101	English Composition I (minimum grade of C)	3
Math and Quantitative Skills	MATH ¹	3
Technology, Mathematics, and Science	CHEM (recommended for Science with Lab) (minimum grade of C for CHEM) ²	4
KINS 1106 or PHED 1205	Lifetime Wellness or Concepts of Fitness	2
Institutional Options	ITDS 1779 (2), LEAD 1705 (2), PERS 1506 (1; may be repeated with different topic), PERS 1507 (2)	1
KINS 1105	Introduction to Kinesiology (minimum grade of C)	3
Credit Hours		16
Spring		
ENGL 1102	English Composition II (minimum grade of C)	3
Technology, Mathematics, and Sciences	Science with Lab ³	4
POLS 1101	American Government	3
Social Studies	Behavior Science	3
Institutional Options	COMM 1110 Public Speaking or foreign language 1001, 1002, 2001, 2002	3
Credit Hours		16
Second Year		
Fall		
Arts, Humanities, and Ethics	Humanities	3
Social Studies	World Cultures	3
BIOL 2251K	Anatomy & Physiology I (minimum grade of C)	4
KINS 2105	Weight Control (minimum grade of C)	2
ITDS 2106	Medical Terminology (minimum grade of C)	3
Credit Hours		15
Spring		
Technology, Mathematics, and Sciences	Math/Science/Tech ⁴	3
HESC 2105	Personal Health (minimum grade of C)	3

BIOL 2252K	Anatomy & Physiology II (minimum grade of C)	4
General Electives	Elective	3
HIST 2111 or HIST 2112	U. S. History to 1865 or U. S. History since 1865	3

Credit Hours 16

Third Year

Fall

KINS 4331	Exercise Physiology Laboratory (minimum grade of C)	1
KINS 4131	Exercise Physiology (minimum grade of C)	3
KINS 4146	Measurement and Evaluation in Kinesiology (minimum grade of C)	3
Field of Study	Science with Lab (minimum grade of C)	4
Arts, Humanities, and Ethics	Fine Arts	3
PEDS Elective		1
Program Electives	Elective (minimum grade of C)	3

Credit Hours 18

Spring

KINS 3135	Kinesiology (minimum grade of C)	3
KINS 4232	Exercise Testing (minimum grade of C)	3
KINS 4137	Nutritional Bases of Human Performance (minimum grade of C)	3
General Electives	Elective	3
Field of Study	Math/science (minimum grade of C)	3

Credit Hours 15

Fourth Year

Fall

Program Electives	Elective (minimum grade of C)	3
KINS 4147	Organization and Administration (minimum grade of C) (Required for Major)	3
KINS 5212U	Principles of Strength and Conditioning (minimum grade of C)	3
General Electives	Electives	6

Credit Hours 15

Spring

KINS 4698	Internship / Practicum (minimum grade of C) ⁵	6
Program Electives	Electives (minimum grade of C)	3
KINS 4133	Exercise Prescription (minimum grade of C)	3

Credit Hours 12

Total Credit Hours 123

¹ Based on placement score; MATH 1111 College Algebra is recommended.

² CHEM 1151 Survey of Chemistry I or CHEM 1211 Principles of Chemistry I should be taken in consultation with advisor based on professional goals. CHEM 1151 Survey of Chemistry I/CHEM 1152 Survey of Chemistry II with labs is satisfactory for fitness / wellness options. CHEM 1211 Principles of Chemistry I/CHEM 1212 Principles

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of Chemistry II with labs is necessary for most pre-professional options (PT, PA, and some OT).

³ Technology, Mathematics, and Sciences area: Science with Lab based on professional goals (consult with advisor).

⁴ Technology, Mathematics, and Sciences area: STAT 1401 Elementary Statistics is recommended.

⁵ Internship requires approval.

Note: Students must have a minimum of 39 semester hours numbered 3000 or higher.

Degree progress is personalized to help student meet educational/occupational goals (most notably with selection of program electives).