

KINESIOLOGY (BS) - EXERCISE SCIENCE CONCENTRATION

Program of Study

| Code | Title | Credit Hours |
|--|---|--------------|
| Core IMPACTS Area : Institutional Priorities ¹ | | 4-5 |
| Choose one of the following communication options | | 3 |
| COMM 1110 | Public Speaking | |
| Foreign Language Course Options | | |
| AMSL, ARAB, CHIN, FREN, GERM, GREK, ITAL, JAPN, KREN, LATIN, PORT, SPAN - 1001, 1002, 2001, 2002; SWAH - 1001, 1002. | | |
| Take one of the following courses | | 1-2 |
| ITDS 1779 | Scholarship Across the Disciplines | |
| LEAD 1705 | Introduction to Servant Leadership | |
| PERS 1506 | Perspectives 1-hour | |
| PERS 1507 | Perspectives 2-hour | |
| Core IMPACTS Area : Mathematics & Quantitative Skills ¹ | | 3-7 |
| DATA 1501 | Introduction to Data Science | 3 |
| MATH 1001 | Quantitative Skills and Reasoning | 3 |
| MATH 1101 | Introduction to Mathematical Modeling | 3 |
| MATH 1111 | College Algebra | 3 |
| MATH 1113 | Pre-Calculus | 4 |
| MATH 1125 | Applied Calculus | 3 |
| MATH 1131 | Calculus with Analytic Geometry I | 4 |
| MATH 1132 | Calculus with Analytic Geometry II | 4 |
| MATH 1165 | Computer-Assisted Problem Solving | 3 |
| MATH 1401 | Introduction to Statistics | 3 |
| MATH 1501 | Calculus I | 4 |
| MATH 2125 | Introduction to Discrete Mathematics | 3 |
| STAT 1401 | Elementary Statistics | 3 |
| Core IMPACTS Area : Political Science and U.S. History | | 6 |
| HIST 2111 | U. S. History to 1865 | 3 |
| | or HIST 2112 U. S. History since 1865 | |
| POLS 1101 | American Government | 3 |
| Core IMPACTS Area : Arts, Humanities, and Ethics | | 6 |
| Select one Fine Arts course | | 3 |
| ARTH 1100 | Art Appreciation | |
| ARTH 2125 | Introduction to the History of Art I– Prehistoric through Gothic | |
| ARTH 2126 | Introduction to the History of Art II– Renaissance through Modern | |
| MUSC 1100 | Music Appreciation | |
| THEA 1100 | Theatre Appreciation | |
| ITDS 1145 | Comparative Arts ² | |
| Select one Humanities course | | 3 |
| ENGL 2111 | World Literature I | |
| ENGL 2112 | World Literature II | |
| ITDS 1155 | The Western Intellectual Tradition | |

| | | |
|---|---|-------------|
| ITDS 1774 | Introduction to Digital Humanities | |
| PHIL 2010 | Introduction to Philosophy | |
| ITDS 1145 | Comparative Arts ² | |
| Core IMPACTS Area : Communicating in Writing | | 6 |
| ENGL 1101 | English Composition I | 3 |
| ENGL 1102 | English Composition II | 3 |
| Core IMPACTS Area : Technology, Mathematics, and Sciences ^{1,3} | | 7-11 |
| ANTH 1145 | Human Origins | 3 |
| ASTR 1105 | Descriptive Astronomy: The Solar System | 3 |
| ASTR 1106 | Descriptive Astronomy: Stars and Galaxies | 3 |
| ASTR 1305 | Descriptive Astronomy Lab | 1 |
| ATSC 1112 | Understanding the Weather | 3 |
| ATSC 1112L | Understanding the Weather Lab | 1 |
| BIOL 1125 | Contemporary Issues in Biology Non-Lab | 3 |
| BIOL 1215K | Introductory Biology | 4 |
| BIOL 1225K | Contemporary Issues in Biology with Lab | 4 |
| CHEM 1151 & 1151L | Survey of Chemistry I and Survey of Chemistry I Lab | 4 |
| CHEM 1152 & 1152L | Survey of Chemistry II and Survey of Chemistry II Lab | 4 |
| CHEM 1211 & 1211L | Principles of Chemistry I and Principles of Chemistry I Lab | 4 |
| CHEM 1212 & 1212L | Principles of Chemistry II and Principles of Chemistry II Lab | 4 |
| CPSC 1105 | Introduction to Computing Principles and Technology | 3 |
| CPSC 1301K | Computer Science I | 4 |
| ENVS 1105 | Environmental Studies | 3 |
| ENVS 1105L | Environmental Studies Laboratory | 1 |
| ENVS 1205K | Sustainability and the Environment | 4 |
| GEOG 2215 | Introduction to the Geographic Information Systems | 3 |
| GEOL 1110 | Natural Disasters: Our Hazardous Environment | 3 |
| GEOL 1121 | Introductory Geoscience I: Physical Geology | 3 |
| GEOL 1121L | Introductory Geoscience I: Physical Geology Lab | 1 |
| GEOL 1122 | Introductory Geo-sciences II: Historical Geology | 3 |
| GEOL 1322 | Introductory Geo-sciences II: Historical Geology Lab | 1 |
| GEOL 2225 | The Fossil Record | 4 |
| PHYS 1111 & PHYS 1311 | Introductory Physics I and Introductory Physics I Lab | 4 |
| PHYS 1112 & PHYS 1312 | Introductory Physics II and Introductory Physics II Lab | 4 |
| PHYS 1125 | Physics of Color and Sound | 3 |
| PHYS 1325 | Physics of Color and Sound Lab | 1 |
| PHYS 2211 & PHYS 2311 | Principles of Physics I and Principles of Physics I Lab | 4 |
| PHYS 2212 & PHYS 2312 | Principles of Physics II and Principles of Physics II Lab | 4 |
| Core IMPACTS Area : Social Sciences | | 6 |
| Select one Behavioral Science course | | |
| ECON 2105 | Principles of Macroeconomics | |
| ECON 2106 | Principles of Microeconomics | |
| PHIL 2030 | Moral Philosophy | |

| | | |
|----------------------------------|------------------------------------|-----------|
| PSYC 1101 | Introduction to General Psychology | |
| SOCI 1101 | Introduction to Sociology | |
| Select one World Cultures course | | 3 |
| ANTH 1107 | Discovering Archaeology | |
| ANTH 1105 | Cultural Anthropology | |
| ANTH 2105 | Ancient World Civilizations | |
| ANTH 2136 | Language and Culture | |
| ENGL 2136 | Language and Culture | |
| GEOG 1101 | World Regional Geography | |
| HIST 1111 | World History to 1500 | |
| HIST 1112 | World History since 1500 | |
| ITDS 1156 | Understanding Non-Western Cultures | |
| Core IMPACTS Total Hours | | 42 |
| Health and Wellness | | 3 |
| KINS 1106 | Lifetime Wellness | 2 |
| or PHED 1205 | Concepts of Fitness | |
| Select one of the following | | 1 |
| Any PEDS course | | |
| MUSC 1206 | Body Mapping (Music Majors Only) | |

¹ The hours applied in the Institutional Priorities; Mathematics & Quantitative Skills; and Technology, Mathematics, and Sciences areas must add to 18 credit hours.

² ITDS 1145 Comparative Arts, though listed under both Fine Arts and Humanities, may be taken only once.

³ At least 4 of the credit hours in this area must be in a lab science course.

Major Requirements

| Code | Title | Credit Hours |
|---|---|--------------|
| Core Requirements | | |
| Complete the core requirements for this program | | 45 |
| Field of Study Requirements | | |
| BIOL 2251K | Anatomy & Physiology I | 4 |
| BIOL 2252K | Anatomy & Physiology II | 4 |
| ITDS 2106 | Medical Terminology | 3 |
| Seven hours of approved electives including at least one 4-hour science with lab. | | 7 |
| CHEM 1151 & 1151L | Survey of Chemistry I and Survey of Chemistry I Lab | |
| CHEM 1152 & 1152L | Survey of Chemistry II and Survey of Chemistry II Lab | |
| CHEM 1211 & 1211L | Principles of Chemistry I and Principles of Chemistry I Lab | |
| CHEM 1212 & 1212L | Principles of Chemistry II and Principles of Chemistry II Lab | |
| PHYS 1111 & PHYS 1311 | Introductory Physics I and Introductory Physics I Lab | |
| PHYS 1112 & PHYS 1312 | Introductory Physics II and Introductory Physics II Lab | |
| BIOL 1215K | Introductory Biology | |
| BIOL 1107K | Principles of Biology I | |
| BIOL 1108K | Principles of Biology II | |

| | | |
|-----------------------------------|------------------------------------|----|
| BIOL 2260K | Foundations of Microbiology | |
| MATH 1113 | Pre-Calculus | |
| MATH 1125 | Applied Calculus | |
| MATH 1401 | Introduction to Statistics | |
| PSYC 1101 | Introduction to General Psychology | |
| PSYC 2103 | Lifespan Developmental Psychology | |
| SOCI 1101 | Introduction to Sociology | |
| Field of Study Requirements Total | | 18 |

Required for the Major

| | | |
|--|---|----|
| Kinesiology Core Requirements | | |
| KINS 1105 | Introduction to Kinesiology | 3 |
| HESC 2105 | Personal Health | 3 |
| KINS 2105 | Weight Control | 2 |
| KINS 3135 | Kinesiology | 3 |
| KINS 4131 | Exercise Physiology | 3 |
| KINS 4331 | Exercise Physiology Laboratory | 1 |
| Exercise Science Concentration Requirements | | |
| KINS 4232 | Exercise Testing | 3 |
| KINS 4133 | Exercise Prescription | 3 |
| KINS 4137 | Nutritional Bases of Human Performance | 3 |
| KINS 4146 | Measurement and Evaluation in Kinesiology | 3 |
| KINS 4147 | Organization and Administration | 3 |
| KINS 4698 | Internship / Practicum | 6 |
| KINS 5212U | Principles of Strength and Conditioning | 3 |
| Required for the Major Total | | 39 |

Major Electives

| | | |
|--|--|---|
| Select 9 hours from the following courses (course availability will vary): | | 9 |
| KINS 3107 | Psychology of Exercise | |
| KINS 3232 | Exercise Leadership | |
| KINS 4135 | Pathophysiology for Exercise Science Professions | |
| KINS 5133U | Pharmacological Considerations for Exercise Testing and Training | |
| KINS 5135U | Program Design in Kinesiology and Health | |
| KINS 5136U | Environmental Stress and Exercise | |
| KINS 5145U | Motor Learning and Performance | |
| KINS 5137U | Electrocardiography | |
| KINS 5545U | Selected Topics in Kinesiology | |

Major Electives Total 9

General Electives

| | | |
|---|--|----|
| Select 12 credits of general electives (hours for an academic minor can also apply) | | |
| General Electives Total | | 12 |

Total Credit Hours 123