

EXERCISE SCIENCE (BS) - HEALTH AND FITNESS CONCENTRATION

Degree Requirements

Code	Title	Hours
General Education Requirements		
Select General Education Requirements (p. 1)		45
Major Requirements		
<i>Exercise Science Major Core</i>		
A. Complete the following:		
BMD 251	Human Anatomy & Physiology I	4
BMD 252	Human Anatomy & Physiology II	4
HS 170	First Aid	1
KIN 100	Concepts of Health and Fitness	3
KIN 263	Intro to Nutrition	3
KIN 278	Sport and Human Behavior	3
KIN 363	Sports Nutrition - W	3
KIN 370	Basic Motor Learning	3
KIN 380	Kinesiology	3
KIN 474	Sport and Fitness Conditioning	3
KIN 475	Org-Admin Hlth and PE-W	3
or SM 472	Legal Issues in Sports/Rec - W	
KIN 476	Exercise Physiology	3
KIN 479	Fit Assess-Exercise Prescript	3
KIN 480	Therapeutic Exercise	3
KIN 486	Advanced Exercise Physiology	3
ST 210	Stat Reason and Application	3
200-499 Elective	EMS, HS, KIN, PSY, RTH, SM	3
<i>Health And Fitness Concentration</i>		
A. Complete the following:		
HS 262	Personal Health	3
KIN 201	Orientation to Kinesiology	3
KIN 484	Apps in Sports Conditioning	3
KIN 495	Internship	9
B. Complete the following:		
200-499 Electives	HS, KIN, PSY, RTH, SM	6
Minor Requirements		
A minor is not required for this degree program		0
Total Hours		120

General Education Requirements

Code	Title	Hours
Area I – Written Composition		
A. Complete the following:		
EH 101	English Composition I	3
B. Complete the following:		
EH 102	English Composition II	3
Area II – Humanities & Fine Arts		
A. Complete the following:		

CA 110	Public Speaking	3
B. Select one of the following: see footnote table below (p. 3) ¹		3
EH 215	Brit Lit before 1785	
EH 216	Brit Lit after 1785	
EH 225	Am Lit before 1865	
EH 226	Am Lit after 1865	
EH 235	World Lit before 1650	
EH 236	World Lit after 1650	
C. Select one of the following:		3
ARH 100	Survey of Art	
ARH 103	Art History I	
ARH 123	Art History II	
ARS 101	Art Appreciation	
DRA 110	Introduction to Theatre	
MUL 101	Introduction to Music	
D. Select three hours of the following:		3
AFR 101	Intro to African Amer Studies	
ARH 100	Survey of Art	
ARH 103	Art History I	
ARH 123	Art History II	
ARH 203	Survey of Non-Western Art	
ARS 101	Art Appreciation	
CLA 110	Intro Anc Greek Roman Culture	
DRA 110	Introduction to Theatre	
EH 215	Brit Lit before 1785	
EH 216	Brit Lit after 1785	
EH 225	Am Lit before 1865	
EH 226	Am Lit after 1865	
EH 235	World Lit before 1650	
EH 236	World Lit after 1650	
LG 101	Introductory Latin I	
LG 102	Introductory Latin II	
LG 111	Introductory French I	
LG 112	Introductory French II	
LG 121	Introductory Chinese I	
LG 122	Introductory Chinese II	
LG 131	Introductory Spanish I	
LG 132	Introductory Spanish II	
LG 141	Intro Classical Greek I	
LG 142	Intro Classical Greek II	
LG 151	Introductory German I	
LG 152	Introductory German II	
LG 153	Accelerated Intro German	
LG 171	Introductory Russian I	
LG 172	Introductory Russian II	
LG 173	Accelerated Intro Russian	
LG 201	Intermediate Latin I	
LG 202	Intermediate Latin II	
LG 211	Intermediate French I	
LG 212	Intermediate French II	
LG 213	Accelerated Inter French - H	
LG 221	Intermediate Chinese I	

LG 222	Intermediate Chinese II
LG 231	Intermediate Spanish I
LG 232	Intermediate Spanish II
LG 234	Inter Spanish Accel -H
LG 241	Interm Classical Greek I
LG 242	Interm Classical Greek II
LG 251	Intermediate German I
LG 252	Intermediate German II
LG 271	Intermediate Russian I
LG 272	Intermediate Russian II
LG 273	Intensive Second Year Russian
LGS 101	Introductory Japanese I
LGS 102	Introductory Japanese II
LGS 106	Introductory Arabic I
LGS 107	Introductory Arabic II
LGS 110	Intro American Sign Language I
LGS 111	Intro American Sign Lang II
LGS 171	Introductory Korean I
LGS 172	Introductory Korean II
LGS 201	Intermediate Japanese I
LGS 202	Intermediate Japanese II
LGS 206	Intermediate Arabic I
LGS 207	Intermediate Arabic II
LGS 210	Intermediate ASL I
LGS 211	Intermediate ASL II
MUL 101	Introduction to Music
PHL 110	Introduction to Philosophy
PHL 120	Critical Thinking
PHL 121	Introduction to Logic
PHL 131	Introduction to Ethics
PHL 231	Social Ethics
PHL 240	Western Philosophy: Classical
REL 100	Intro to the Study of Religion
REL 200	Old Testament/Hebrew Bible
REL 201	Survey of the New Testament

Area III – Natural Sciences & Mathematics

A. Select 3-4 hours from the following:	3-4
MA 110	Finite Mathematics
MA 112	Precalculus Algebra
MA 113	Precalculus Trigonometry
MA 115	Precal Algebra-Trigonometry
MA 120	Calculus and Its Applications
MA 125	Calculus I
MA 126	Calculus II
MA 227	Calculus III
MA 237	Linear Algebra I
MA 238	Differential Equations I
B. Select 8-10 hours from the following:	8-10
AN 121 & 121L	Biological Anthropology and Biological Anthropology Lab
BLY 101 & 101L	Life Science I and Life Science I Laboratory
or BLY 121	General Biology I

& 121L	and General Biology I Lab
BLY 102 & 102L	Life Science II and Life Science II Lab
or BLY 122 & 122L	General Biology II and General Biology II Laboratory
CH 101 & 101L	Survey of Inorg and Org Chem and Survey Inorg-Org Chem Lab
CH 131 & 131L	General Chemistry I and General Chemistry I Lab
CH 132 & 132L	General Chemistry II and General Chemistry II Lab
GEO 101 & 101L	Environmental Geography and Environmental Geography Lab
GEO 102 & 102L	Earth and the Environment and Earth and the Environment Lab
GY 111 & 111L	Physical Geology and Physical Geology Lab
GY 112 & 112L	Earth History and Earth History Lab
MAS 134 & 134L	Ocean Science and Ocean Science Lab
PH 101 & 101L	Introduction to Astronomy and Introduction to Astronomy Lab
PH 104 & 104L	Concepts of Physics and Concepts of Physics Laboratory
PH 114 & 114L	Physics with Algebra-Trig I and Alg-Trig Based Physics I Lab
PH 115 & 115L	Physics with Algebra -Trig II and Alg-Trig Based Physics II Lab
PH 201 & 201L	Calculus-Based Physics I and Calculus-Based Physics I Lab
PH 202 & 202L	Calculus-Based Physics II and Calculus-Based Physics II Lab

Area IV – History, Social & Behavioral Sciences see footnote table below (p. 3) ¹

A. Select one of the following:	3
HY 101	HY of Western Civilization I
HY 102	HY of Western Civilization II
HY 121	World Civilization I
HY 122	World Civilization II
HY 135	US History to 1877
HY 136	US History since 1877
B. Select three of the following:	9
AN 100	Intro to Cultural Anthropology
AN 101	Intro Archaeology-Bio Anthro
CA 100	Intro to Communication
CA 211	Interpersonal Comm
CJ 105	Introduction to Criminal Justice
ECO 215	Prin of Microeconomics
ECO 216	Prin of Macroeconomics
GEO 114	People, Places, Environment
GEO 115	World Regional Geography
HY 101	HY of Western Civilization I
HY 102	HY of Western Civilization II
HY 121	World Civilization I

HY 122	World Civilization II
HY 135	US History to 1877
HY 136	US History since 1877
IS 100	Global Issues
IST 201	Seasons of Life
NAS 101	Intro Native American Studies
PSC 130	Intro to US Government
PSY 120	Introduction to Psychology
PSY 250	Life Span Development
SY 109	Introductory Sociology
SY 112	Social Problems

Area V

A. Complete the following:		
PE 102	Weight Training	1
B. Complete the following:		
PE 101 - PE 157 (No Repeats)		3
Total Hours		45-48

Footnote

¹ Students must complete a 6 credit hour sequence either in literature (Area II - EH 215 & EH 216, EH 225 & EH 226, or EH 235 & EH 236) or history (Area IV - HY 101 & HY 102 or HY 121 & HY 122 or HY 135 & HY 136).

All undergraduates must complete two designated writing credit (W) courses, at least one of which must be in the student's major or minor

Additional Information

Minimum Grade Point Averages Required for Graduation: 2.20 Major GPA, 2.20 USA GPA

Graduation Plan

(120 Hours)

The Graduation Plan is an example of course progression. Individual student plans may vary. Students should consult with an academic advisor to create a personalized plan.

Course	Title	Hours
First Year		
Fall		
CA 110	Public Speaking	3
EH 101	English Composition I	3
Math	Area III, A ¹	3
Science	Area III, B ¹	3
Science Lab	Area III, B ¹	1
KIN 100	Concepts of Health and Fitness	3
Hours		16
Spring		
EH 102	English Composition II	3
HS 262	Personal Health	3
Humanities & Fine Arts	Area II, C ¹	3
Science	Area III, B ¹	3
Science Lab	Area III, B ¹	1
Social & Behavioral Sciences	Area IV, B ¹	3
Hours		16

Second Year

Fall		
BMD 251	Human Anatomy & Physiology I	4
HS 170	First Aid	1
KIN 201	Orientation to Kinesiology	3
PE 102	Weight Training	1
History	Area IV, A ¹	3
Humanities & Fine Arts	Area II, B ¹	3
Hours		15
Spring		
BMD 252	Human Anatomy & Physiology II	4
KIN 263	Intro to Nutrition	3
KIN 278	Sport and Human Behavior	3
PSY 120	Introduction to Psychology (Area IV, B) ^{1, 2}	3
Humanities & Fine Arts	Area II, D ¹	3
Hours		16

Third Year

Fall		
KIN 370	Basic Motor Learning	3
KIN 380	Kinesiology	3
ST 210	Stat Reason and Application	3
History, Social & Behavioral Sciences	Area IV, B ¹	3
Elective 200-499	EMS, HS, KIN, PSY, RTH, SM	3
Hours		15
Spring		
KIN 474	Sport and Fitness Conditioning	3
KIN 476	Exercise Physiology	3
KIN 480	Therapeutic Exercise	3
Electives 200-499	HS, KIN, PSY, RTH, SM	6
Hours		15

Fourth Year

Fall		
KIN 475	Org-Admin Hlth and PE-W or SM 472 or Legal Issues in Sports/Rec - W	3
KIN 479	Fit Assess-Exercise Prescript	3
KIN 484	Apps in Sports Conditioning	3
KIN 495	Internship	3
PE 101-PE 157	PE Activity Course	1
Hours		13
Spring		
KIN 363	Sports Nutrition - W	3
KIN 486	Advanced Exercise Physiology	3
KIN 495	Internship	6
PE 101-PE 157	PE Activity Course	1
PE 101-PE 157	PE Activity Course	1
Hours		14
Total Hours		120

¹ See General Education Requirements
² Recommended Course

Notes:

- (W) Writing-Intensive Course

Many courses in the Health, Kinesiology, and Sport Department (HS, KIN, PE, SM) are also offered in the Maymester and Summer Semesters.