

EXERCISE SCIENCE (BS)

Degree Requirements

Code	Title	Hours
General Education Requirements		46
Select General Education Requirements (p. 1)		
Major Requirements		
<i>Exercise Science Major Core</i>		
Complete the following:		47
BMD 251	Human Anatomy & Physiology I	
BMD 252	Human Anatomy & Physiology II	
HS 170	First Aid	
KIN 100	Concepts of Health and Fitness	
KIN 263	Intro to Nutrition	
KIN 278	Sport, Performance, & Exercise Psychology	
KIN 363	Sports Nutrition - W	
KIN 380	Kinesiology	
KIN 474	Sport and Fitness Conditioning	
KIN 475	Org-Admin Hlth and PE-W	
or SM 472	Legal Issues in Sports/Rec - W	
KIN 476 & 476L	Exercise Physiology and Exercise Physiology Lab	
KIN 479 & 479L	Fit Assess-Exercise Prescript and Fit Assess-Exc Prescript Lab	
KIN 486	Advanced Exercise Physiology	
KIN 495	Internship ¹	
ST 210	Stat Reason and Application	
<i>Exercise Science Major Core Electives</i>		
Complete two of the following:		6
HS 475	Public Health	
KIN 370	Basic Motor Learning	
KIN 462	Biochemical and Molecular Exer	
KIN 463	Nutrition	
KIN 471	Exercise & Chronic Diseases	
KIN 480	Therapeutic Exercise	
KIN 483	Clinical Exercise Testing & Prescription	
KIN 484	Apps in Sports Conditioning	
KIN 495	Internship ¹	
<i>Exercise Science General Electives</i>		
Choose from the following:		21
BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY		
Minor Requirements		
A minor is not required for this degree program		0
Total Hours		120

Footnote

¹ Internship (KIN 495) may be repeated for up to 9 credit hours.

General Education Requirements

Code	Title	Hours
Area I – Written Composition		
A. Complete the following:		3
EH 101	English Composition I	
B. Complete the following:		3
EH 102	English Composition II	
Area II - Humanities & Fine Arts¹		
A. Complete the following:		3
CA 110	Public Speaking	
B. Complete one of the following:		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. Complete 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. Complete one 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 132	Introductory Spanish II	
LG 131	Introductory Spanish I	
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. Complete one of the following:	3-4
MA 110	Finite Mathematics
MA 111	Math in Society
MA 112	Precalculus Algebra
MA 113	Precalculus Trigonometry
MA 115	Precal Algebra-Trigonometry (see footnote table below (p.)) ²

MA 120	Calculus and Its Applications
MA 125	Calculus I
B. Complete two of the following:	8
BLY 121 & 121L	General Biology I and General Biology I Lab
BLY 122 & 122L	General Biology II and General Biology II Laboratory
CH 131 & 131L	General Chemistry I and General Chemistry I Lab
CH 132 & 132L	General Chemistry II and General Chemistry II Lab

Area IV – History, Social & Behavioral Sciences¹

A. Complete 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. Complete three of the following:	9
AN 100	Intro to Cultural Anthropology
AN 101	Intro Archaeology-Bio Anthro
CA 100	Intro to Communication
CA 101	Intro to Media
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 (see footnote table below (p.)) ²
PSY 250	Life Span Development (see footnote table below (p.)) ²
SY 109	Introductory Sociology
SY 112	Social Problems

Area V

A. Complete the following:	2
PE 102	Weight Training
PE 145	Jogging
B. Complete three of the following:	3

PE 101 - PE 157	PE Activity Courses	
Total Hours		46-47

Footnotes

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).

² Recommended Course

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: 2.00 Major GPA, 2.00 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		
BLY 121 & 121L or CH 131 <i>and</i> CH 131L	General Biology I (Area III, B) ¹ or General Chemistry I <i>and</i> General Chemistry I Lab	4
CA 110	Public Speaking (Area II, A)	3
EH 101	English Composition I (Area I, A)	3
KIN 100	Concepts of Health and Fitness	3
Math	Area III, A ¹	3
Hours		16
Spring		
BLY 122 & 122L or CH 132 <i>and</i> CH 132L	General Biology II (Area III, B) ¹ or General Chemistry II <i>and</i> General Chemistry II Lab	4
EH 102	English Composition II (Area I, B) ¹	3
History, Social & Behavioral Sciences	Area IV, A ¹	3
History, Social & Behavioral Sciences	Area IV, B ¹	3
Humanities & Fine Arts	Area II, D ¹	3
Hours		16
Second Year		
Fall		
BMD 251	Human Anatomy & Physiology I	4
HS 170	First Aid	1
PE 145	Jogging	1
Humanities & Fine Arts	Area II, B ¹	3
History, Social & Behavioral Sciences	Area IV, B ¹	3
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Hours		15
Spring		
BMD 252	Human Anatomy & Physiology II	4
KIN 263	Intro to Nutrition	3

PE 102	Weight Training	1
History, Social & Behavioral Sciences	Area IV, B ¹	3
Humanities & Fine Arts	Area II, C ¹	3
PE 101 - PE 157	PE Activity Course	1
Hours		15

Third Year**Fall**

KIN 278	Sport, Performance, & Exercise Psychology	3
KIN 380	Kinesiology	3
ST 210	Stat Reason and Application	3
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Hours		15

Spring

KIN 474	Sport and Fitness Conditioning	3
KIN 475 or SM 472	Org-Admin Hlth and PE-W or Legal Issues in Sports/Rec - W	3
KIN 476 & 476L	Exercise Physiology and Exercise Physiology Lab	4
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Hours		16

Fourth Year**Fall**

KIN 363	Sports Nutrition - W	3
KIN 479 & 479L	Fit Assess-Exercise Prescript and Fit Assess-Exc Prescript Lab	4
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Major Elective	HS 475, KIN 370, KIN 462, KIN 463, KIN 471, KIN 480, KIN 483, KIN 484, KIN 495	3
PE 101 - PE 157	PE Activity Course	1
Hours		14

Spring

KIN 486	Advanced Exercise Physiology	3
KIN 495	Internship ²	3
Elective 100-499	BLY, BMD, CA, CH, EMS, FIN, HS, IST, KIN, MA, OT, PH, PHL, PSY, RTH, SM, SY	3
Major Elective	HS 475, KIN 370, KIN 462, KIN 463, KIN 471, KIN 480, KIN 483, KIN 484, KIN 495	3
PE 101 - PE 157	PE Activity Course	1
Hours		13

Total Hours **120**

¹ See General Education Requirements.

² Internship (KIN 495) may be repeated for up to 9 credit hours.

Notes:

- (W) Writing-Intensive Course
- Many courses in the Health, Kinesiology, and Sport Department (HS, KIN, PE, RTH, SM) are also offered in the Maymester and Summer Semesters.