KINESIOLOGY (BS) - EXERCISE SCIENCE CONCENTRATION

Program Overview

The B.S Kinesiology degree with a concentration in Exercise Science is designed to accommodate a broad range of student interests and professional goals including careers in the health and fitness industry and graduate work in physical therapy, occupational therapy, exercise science / physiology, or other allied health professions. The program offers thorough and rigid core of theoretical and practical courses balanced with flexibility through program electives.

Career Opportunities

The Exercise Science concentration of the B.S. Kinesiology degree is designed to accommodate a broad range of student interests and professional goals including careers in the health and fitness industry or graduate work in physical therapy, occupational therapy, or exercise science.

Program of Study

Code	Title	Credit Hours
Core IMPACTS Area : Institutional Priorities [1]		**4-5**
COMM 1110	Public Speaking	3
ITDS 1779	Scholarship Across the Disciplines	2
LEAD 1705	Introduction to Servant Leadership	2
PERS 1506	Perspectives 1-hour	1
PERS 1507	Perspectives 2-hour	2
Foreign Language Course Options		
ARAB, CHIN, FREN, GERM, GREK, ITAL, JAPN, KREN, LATIN, PORT, SPAN - 1001, 1002, 2001, 2002		
SWAH 1001	Elementary Swahili I	
SWAH 1002	Elementary Swahili II	
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 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]		**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 1155	The Western Intellectual Tradition	
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 PEDS course (https://catalog.columbusstate.edu/course-descriptions/peds/#peds)		

[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.

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 1231K		
BIOL 1232K		
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**

Program Map

Course	Title	Credit Hours
First Year		
Fall		
ENGL 1101	English Composition I (minimum grade of C)	3
AREA A	MATH [1]	3
AREA D	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
Area B2	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
AREA D	Science with Lab [3]	4
POLS 1101	American Government	3
AREA E	Behavior Science	3
AREA B1	COMM 1110 Public Speaking or foreign language 1001, 1002, 2001, 2002	3
	Credit Hours	**16**
Second Year		
Fall		
AREA C	Humanities	3
AREA E	World Cultures	3
BIOL 2221K	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		
AREA D	Math/Science/Tech [4]	3
HESC 2105	Personal Health (minimum grade of C)	3
BIOL 2222K	minimum grade of C	4
AREA I	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
AREA F	Science with Lab (minimum grade of C)	4
AREA C	Fine Arts	3
PEDS Elective		1
AREA H	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
AREA I	Elective	3
AREA F	Math/science (minimum grade of C)	3
	Credit Hours	**15**
Fourth Year		
Fall		
AREA H	Elective (minimum grade of C)	6
KINS 5212U	Principles of Strength and Conditioning	3
AREA I	Electives	6
	Credit Hours	**15**
Spring		
KINS 4698	Internship / Practicum (minimum grade of C) [5]	6
AREA H	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 of Chemistry II with labs is necessary for most pre-professional options (PT, PA, and some OT).
3. Area D Science with Lab based on professional goals (consult with advisor).
4. Area D - Math/Science: 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).

Admission Requirements

Students transferring into the Exercise Science program from another degree program at Columbus State University or from another institution must have a minimum overall grade point average of 2.50 based on a 4.0 scale. Individuals must obtain a change of major form from the Department Chair before entering the program.

Additional Program Requirements

Graduation Requirements: Satisfactory completion of all Board of Regents, university, and program requirements with a minimum grade of “C” in all KINS courses applied to graduation.

Students with 7 semester hours in science requirement in Area D must take 2 seminars in Area B. Students with 8 semester hours in science in requirement in Area D need to take only one seminar in Area B.

A grade of "C" or better is required for any KINS course and all of Areas F, G, and H courses.

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