

KINESIOLOGY (BS) - EXERCISE SCIENCE CONCENTRATION

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).