# Department of Kinesiology

*Bachelor of Science in Kinesiology*

## Kinesiology Major

### Concentration in Exercise Science

**B.S. Kinesiology Program Core Requirements (42 semester hours)**

<table>
<thead>
<tr>
<th>Dept/No</th>
<th>Course Title &amp; Prerequisite(s)</th>
<th>Semester Hours</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 205</td>
<td>Human Anatomy and Physiology I</td>
<td>4</td>
<td>F</td>
</tr>
<tr>
<td>BIOL 206</td>
<td>Human Anatomy and Physiology II</td>
<td>4</td>
<td>SP</td>
</tr>
<tr>
<td>BIOL 225</td>
<td>Molecules, Cells, and Organisms</td>
<td>4</td>
<td>F</td>
</tr>
<tr>
<td>KINS</td>
<td>Any 300-400 Level Elective</td>
<td>4</td>
<td>F/SP</td>
</tr>
<tr>
<td>KINS 277</td>
<td>Foundations of PE</td>
<td>2</td>
<td>F/SP</td>
</tr>
<tr>
<td>KINS 380</td>
<td>Exercise Physiology</td>
<td>4</td>
<td>F</td>
</tr>
<tr>
<td>KINS 478</td>
<td>Motor Learning and Human Performance</td>
<td>4</td>
<td>F</td>
</tr>
<tr>
<td>KINS 486</td>
<td>Applied Biomechanics and Kinesiology</td>
<td>4</td>
<td>SP</td>
</tr>
<tr>
<td>KINS 495</td>
<td>Internship (SR)</td>
<td>4</td>
<td>SP</td>
</tr>
<tr>
<td>KINS 499</td>
<td>Capstone: Senior Seminar (SR)</td>
<td>4</td>
<td>SP</td>
</tr>
<tr>
<td>STATS 231/232</td>
<td>Introductory Statistics/Intro to Psychology Stats</td>
<td>4</td>
<td>SP</td>
</tr>
</tbody>
</table>

**Total Semester Hours**: 42

### Concentration in Exercise Science (20 semester hours)

<table>
<thead>
<tr>
<th>Dept/No</th>
<th>Course Title &amp; Prerequisite(s)</th>
<th>Semester Hours</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 105</td>
<td>Chemistry of Life</td>
<td>4</td>
<td>SP</td>
</tr>
<tr>
<td>KINS</td>
<td>Any 300-400 Level Elective</td>
<td>4</td>
<td>F/SP</td>
</tr>
<tr>
<td>KINS 324 or KINS 386</td>
<td>Physical Activity and Lifespan or Social Psychology of Sport and Physical Activity</td>
<td>4</td>
<td>SP</td>
</tr>
<tr>
<td>KINS 383</td>
<td>Exercise Testing and Prescription</td>
<td>4</td>
<td>J-Term</td>
</tr>
<tr>
<td>KINS 483</td>
<td>Exercise Management for Special Populations</td>
<td>4</td>
<td>SP</td>
</tr>
</tbody>
</table>

**Total Semester Hours**: 20

**Recommended General University Requirements:**
- PSYC 101, Introduction to Psychology

*ALL students must have current First Aid and CPR certification prior to internship*
**Department of Kinesiology**  
*Bachelor of Science in Kinesiology*  
**Kinesiology Major**  
**Concentration in Exercise Science**

**Four Year Plan**

<table>
<thead>
<tr>
<th>Year</th>
<th>Fall</th>
<th>J-term</th>
<th>Spring</th>
</tr>
</thead>
</table>
| 1    | BIOL 225  
Molecules, Cells, & Organisms (4)  
PSYC 101  
Introduction to Psychology (4)  
WRIT 101  
Writing Seminar (4) | FI 190  
Freshman Inquiry (4) | KINS 277  
Foundations of PE (2) |
| 2    | BIOL 205  
Human Anatomy & Physiology I (4) | BIOL 206  
Human Anatomy & Physiology II (4)  
CHEM 105  
Chemistry of Life (4)  
KINS 386  
Social Psych of PA (4)  
KINS 324  
Lifespan Physical Activity (4) | |
| 3    | KINS 380  
Exercise Physiology (4)  
KINS 300-400 level elective (4) | KINS 383  
Exercise Testing & Prescription (4) | KINS 483  
Clinical Management for Special Populations (4)  
KINS 486  
Applied Biomechanics/Kinesiology (4)  
STATS 231  
Introductory Statistics (4) |
| 4    | KINS 478  
Motor Learning and Human Performance (4)  
KINS 300-400 level elective (4) | KINS 495  
Internship (SR) (4) | KINS 499  
Capstone: Senior Seminar (SR) (4) |

~ Courses in italics represent a partial list of recommended General University Requirements

**For Additional Information:**  
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