



**Department of Kinesiology**  
*Bachelor of Science in Kinesiology*  
**Kinesiology Major**

## Concentration in Exercise Science

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

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
BIOL 205	Human Anatomy and Physiology I	4	F	
BIOL 206	Human Anatomy and Physiology II	4	SP	
BIOL 225	Molecules, Cells, and Organisms	4	F	
KINS	Any 300-400 Level Elective	4	F/SP	
KINS 277	Foundations of PE	2	F/SP	
KINS 380	Exercise Physiology	4	F	
KINS 478	Motor Learning and Human Performance	4	F	
KINS 486	Applied Biomechanics and Kinesiology	4	SP	
KINS 495	Internship (SR)	4	SP	
KINS 499	Capstone: Senior Seminar (SR)	4	SP	
STATS 231/232	Introductory Statistics/Intro to Psychology Stats	4	SP	
<b>Total Semester Hours</b>		<b>42</b>		

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

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
CHEM 105	Chemistry of Life	4	SP	
KINS	Any 300-400 Level Elective	4	F/SP	
KINS 324 or KINS 386	Physical Activity and Lifespan Social Psychology of Sport and Physical Activity	4	SP	
KINS 383	Exercise Testing and Prescription	4	J-Term	
KINS 483	Exercise Management for Special Populations	4	SP	
<b>Total Semester Hours</b>		<b>20</b>		

**Recommended General University Requirements:**

- PSYC 101, Introduction to Psychology

**~ ALL students must have current First Aid and CPR certification prior to internship**



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**\*\*Four Year Plan**

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

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