



Department of Kinesiology

Bachelor of Science in Kinesiology

Kinesiology Major

Concentration in Exercise Science

B.S. Kinesiology Program Core Requirements (38 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	
KINS	Any 300-400 Level Elective	4	F/SP	
KINS 277	Foundations of Kinesiology	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	
STAT 231 or STAT 232	Introductory Statistics Intro Stats for Psychology Majors	4 4	SP SP	
Total Semester Hours		38		

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 4	SP SP	
KINS 383	Exercise Testing and Prescription	4	J-Term	
KINS 483	Clinical Management for Special Populations	4	SP	
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***



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****Four Year Plan**

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

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