

Bachelor of Science 2023-24 AY

Exercise Science

Major Code KI02

CIP Code: 310599

Cr Hrs

| | | |
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| General Education CORE 42 Requirements 42* | | 33 |
| Area 1A | Social & Behavioral Sciences | 6 |
| Area 1B | Civic Engagement | 3 |
| Area 2A | Written Communication | 6 |
| Area 2B | Oral Communication | 3 |
| Area 3A | Natural Science Non-Lab | 3 |
| Area 3B | Natural science With Lab (BIO 180 or 121 4 hrs) | |
| Area 4 | Mathematics (MATH 130 or higher) | 0 |
| Area 5A | Humanities | 6 |
| Area 5B | Fine Arts | 3 |
| Area 5C | Global Competencies | 3 |
| Area 5D | Health and Wellness (KINE 103 2 hrs) | |
| UE 100 | University Experience** | 1 |
| Kinesiology Requirements | | 43 |
| KINE 103 | Lifetime Wellness* | 2 |
| KINE 116 | Intro to Kinesiology and Assessment | 3 |
| KINE 220 | First Aid and Sport Safety | 2 |
| KINE 240 | Professional Exploration in Kinesiology | 3 |
| KINE 292 | Theory and Technique of Strength Training | 2 |
| KINE 340 | Motor Learning | 3 |
| KINE 342 | Biomechanical Analysis | 3 |
| KINE 345 | Statistics in Kinesiology | 2 |
| | OR | |
| PSY 320 | Applied Stats in Behavioral Natural Sciences (3) | |
| KINE 375 | Physical Activity for Special Populations | 3 |
| KINE 380 | Research Methods in Health & Exercise Science | 3 |
| KINE 385 | Nutrition for Human Development | 3 |
| KINE 431 | Physiology of Exercise | 3 |
| KINE 432 | Physiology of Exercise, Laboratory | 2 |
| KINE 435 | Exercise Prescription | 3 |
| Choose two (can repeat KINE 491) to total 6 credit hours | | 6 |
| KINE 491 | Internship in Wellness 3 hrs can be taken twice | |
| OR | Study Abroad | |
| OR | KINE 475 Applications in Exercise Science Research | |
| Supporting Requirements | | 16 |
| BIO 121 | Human Anatomy and Physiology I/Lab | 4 |
| OR | | |
| BIO 180 | Essential Anatomy and Physiology/Lab (4) | |
| OR | | |
| BIO 201 | Human Anatomy (5) | |
| COMM 215 | Interpersonal Communication | 3 |
| COMM 365 | Health Communication | 3 |
| MATH 130 | College Algebra or higher | 3 |
| PSY 200 or above | | 3 |
| Supporting Electives - to total minimum of | | 27 |
| Electives can be from the following prefixes: EDUC, KINE, SRM, | | |
| PSY, HS, COMM, BIO, CHEM, GB, EH, ENT, MGMT, MRKT, | | |
| PHYS, SOC | | |
| Total Hours | Must include at 39 upper division (300-400) hrs | 120 |

*Gen. Ed. Core 42 Requirements -BIO 121 or 180 or BIO 201 4 hrs satisfied Area 3B, required math (3 hrs) satisfies Area 4, KINE 103 2 hrs satisfies Area 5D.

Supporting electives are approved by the Kinesiology Department and selected with approval of a Kinesiology advisor. The Kinesiology advisor will assist students in selecting “supporting electives” appropriate to their career goals. The number of credit hours varies between 18-22.