

**BACHELOR OF SCIENCE IN KINESIOLOGY: EXERCISE SCIENCE**

**Total Hrs: 120**

**FRESHMAN YEAR**

<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>		<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>
Institutional Course	Student Success [Area B]	1		ENG 102	Rhetoric and Literature [Area A1]	3
ENG 101	Writing and Rhetoric [Area A1]	3		BIO 230	Medical Terminology	3
BIO 100	Lab Science [Area D]	4		PHY/S 101	Introduction to the Physical Sciences	4
PSY 201	Social Science Course [Area E]	3		MTH 102	Quantitative Skills [Area A2]	3
HEA 211	PE 205 or HEA 211 [Area B]	2		OPTION	CHR 100/CHR 110 [Area B]	3
OPTION	Fine Art, Language, or Culture [Area C]	3				
	<b>TOTAL</b>	<b>16</b>			<b>TOTAL</b>	<b>16</b>

**SOPHOMORE YEAR**

<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>		<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>
BIO 210	Survey of Anatomy and Physiology	4		CHM 105	Core Elective [Area F]	4
PE 207	Sports Officiating	3		HEA 300	Sport and Fitness Nutrition	3
KINS 100	Introduction to Exercise Science	3		MTH 104	Elementary Statistics	3
OPTION	HIS 151 or HIS 152 [Area E]	3		OPTION	Literature [Area C]	3
OPTION	CHR 101/CHR 102 [Area B]	3		OPTION	History Course 2 [Area E]	3
	<b>TOTAL</b>	<b>16</b>			<b>TOTAL</b>	<b>16</b>

**JUNIOR YEAR**

<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>		<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>
PE 208	Team Sports	3		PE 209	Individual/Dual Sports	3
PE 309	Prevention and Care of Exercise Related Injuries	3		PE 310	Fitness and Research Testing	3
PE 315	Wellness and Healthy Lifestyles	3		KINS 325	Strength Training Methods	3
PE 427	Motor Learning	3		PE 450	Internship	3
OPTION	General Elective	1				
	<b>TOTAL</b>	<b>13</b>			<b>TOTAL</b>	<b>12</b>

**SENIOR YEAR**

<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>		<b>DEPT</b>	<b>COURSE NAME</b>	<b>CREDIT HRS</b>
PE 410	Techniques of Coaching	3		KINS 375	Exercise Prescription & Implementation	3
KINS 350	Sports Pharmacology	3		KINS 410	Sport Biomechanics	4
KINS 425	Exercise Physiology	3		OPTION	KINS/PE/PSY Elective (300-400 level)	3
OPTION	KINS/PE/PSY Elective	3		OPTION	KINS/PE/PSY Elective (300-400 level)	3
OPTION	KINS/PE/PSY Elective	3		OPTION	General Elective	3
	<b>TOTAL</b>	<b>15</b>			<b>TOTAL</b>	<b>16</b>