

Exercise Science, B.S. Pre-Professional Concentration

2023–24 Catalog

This example plan is designed to provide a blueprint for students to complete their degrees within four years. It includes recommended sequences of courses. Individual plans will vary based on previously earned credit, such as Dual Enrollment and AP credit, as well as the student's academic goals. Students will work with an academic advisor to develop a more individualized plan to complete their degree.

This example four-year plan is applicable to students admitted during the 2023–24 academic year.

Total credits required: 120 credits

Required GPA for graduation: 2.0 (institutional), 2.5 (overall)

Courses requiring a C or better are denoted with an asterisk (*).
Legend is available on the last page of this document.

Year 1							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 0001	First-Year Academic Seminar	1		ENGL 1102	English Composition II	3	A
ENGL 1101*	English Composition I (pre-req to ENGL 1102)	3	A	KINS 2200*	Intro to Exercise Biochemistry (pre-req to KINS 3200, 3203, and 3212)	3	F
Core Area A	Math (student's choice)	3	A	PSYC 1101*	Intro to General Psychology (pre-req to PSYC 3200)	3	E
CHEM 1211K*	Principles of Chemistry I & Lab (pre-req to KINS 2200, BIOL 2251K, and BIOL 2260K)	4	D	BIOL 1107* +BIOL 1107L* or BIOL 2260K*	Principles of Biology I & Lab or Foundations of Microbiology	4	D
GC1Y 1000	Critical Thinking (pre-req to GC1Y 1000)	3	B	Core Area C	Humanities and Ethics (student's choice)	3	C
Semester Hours		14		Semester Hours		16	
Summer	Summer classes can be taken to lighten fall and spring course loads.						
Notes:	Area A and GC1Y 1000 must be completed by 30 earned hours. First-Year Seminar is a graduation requirement and impacts a student's GPA; however, it does not count toward the minimum of 120 semester hours required for a degree.						

Year 2							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
BIOL 2251K*	Anatomy & Physiology I (pre-req to BIOL 2252K and KINS 3103, 3203, 3212, 3223, 3262, and 4203)	4	F	BIOL 2252K*	Anatomy & Physiology II (pre-req to KINS 3203, 3212, 3223, 3233, 3262, and 4203)	4	F
KINS 2331*	Medical Terminology	1	F	KINS 2210*	Methods of Correct Movement (pre-req to KINS 3223 and 3233)	3	F
Core Area C	Fine Arts (student's choice)	3	C	KINS 2323*	Nutrition (pre-req to KINS 3200)	3	F
Core Area E	Social Science (student's choice)	3	E	KINS 3103*	Structural Kinesiology (pre-req to KINS 3233)	3	Major
GC2Y 2000	Global Perspectives	4	B	Core Area E	Social Science (student's choice)	3	E
Semester Hours		15		Semester Hours		16	
Summer	Summer classes can be taken to lighten fall and spring course loads.						
Notes:	GC2Y 2000 must be taken between 30–59 earned hours.						

Year 3							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 4813*	Research Methods and Statistics (pre-req to KINS 4253 and PSYC 3200)	3	Major	KINS 4203*	Exercise Prescription (pre-req to KINS 4233)	3	Major
KINS 3203*	Physiology of Exercise (co-req to KINS 3262)	3	Major	KINS 3233*	Methods of Resistance Training	2	Major
KINS 3262*	Exercise Testing (pre-req to KINS 4203)	3	Major	KINS 3223*	Biomechanics	3	Major
KINS 3212*	Practicum I	2	Conc	PSYC 2103*	Intro to Human Development	3	Conc
PHYS 1111*	Intro to Physics & Lab	4	D	Gen Elective	Any general elective course	3	Elective
PHYS 1111L*				Gen Elective	Any general elective course	1	Elective
Semester Hours		15		Semester Hours		15	
Notes:	Students must meet with the Clinical Coordinator for SHHP to determine required internship before fall of Year 4. General electives can be in any discipline and any level (1000–4999).						

Year 4							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 4253*	Applied Research in Exercise Science	3	Conc	KINS 4206*	Internship in Exercise Science	12	Conc
KINS 3200*	Exercise and Sports Nutrition	3	Major	KINS 4233*	Clinical Exercise Physiology	3	Conc
PSYC 3200*	Abnormal Psychology	3	Conc				
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	3	Elective				
Semester Hours		15		Semester Hours		15	
Summer	Internship can be completed in summer if needed. Students completing a summer internship will still be eligible to participate in spring commencement.						
Notes:	Students cannot take more than 15 credit hours while enrolled in an internship. General electives can be in any discipline and any level (1000–4999, unless specified as upper-level).						

Legend	
Area	This section of the plan references the area of the curriculum the course fulfills.
A	Core Area A: Essential Skills
B	Core Area B: Institutional Options
C	Core Area C: Humanities, Ethics, and Fine Arts
D	Core Area D: Science, Technology, and Math
E	Core Area E: Social Sciences
F	Core Area F: Major Directed Core Requirements
Major	Exercise Science Major Common Core
Conc	Pre-Professional Concentration Courses
Elective	Course(s) a student selects. Hours are needed to meet overall graduation hours. Number of electives varies per major. Electives can be used towards GC Journeys, minors, or professional/graduate school pre-requisites, or to take courses of interest.