

Year 1							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 0001	First-Year Academic Seminar	1		GC1Y 1000	Critical Thinking (student's choice) (pre-req to GC2Y 2000)	3	Core
ENGL 1101*	English Composition I (pre-req to ENGL 1102)	3	Core	ENGL 1102	English Composition II	3	Core
Core Math*	Math (student's choice) (pre-req to MATH 1401)	3	Core	KINS 2200*	Intro to Exercise Biochemistry (pre-req to KINS 3200, 3203, and 3212)	3	Field
CHEM 1151K*	Survey of Chemistry I & Lab (pre-req to KINS 2200)	4	Core	Core Science	Science with Lab (student's choice)	4	Core
Core Humanities	Humanities and Ethics (student's choice)	3	Core	POLS 1101	American Government	3	Core
Total Semester Hours:		14		Total Semester Hours:		16	
Summer	Summer classes can be taken to lighten fall and spring course loads.						
Notes:	ENGL 1101, ENGL 1102, Core Math, and GC1Y 1000 must be completed by 30 earned hours. First-Year Academic 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
HSCS 2813*	Anatomy of Human Movement (pre-req to KINS 3103, 3203, 3212, 3223, 3243, 3262, & 4203)	4	Field	HSCS 2823*	Physiology of Human Movement (pre-req to KINS 3203, 3212, 3223, 3233, 3243, 3262, & 4203)	4	Field
KINS 2210*	Methods of Correct Movement (pre-req to KINS 3233)	3	Field	KINS 2323*	Nutrition (pre-req to KINS 3200)	3	Field
KINS 2331*	Medical Terminology	1	Field	MATH 1401	Elementary Statistics (see Notes below)	3	Core
HIST 2111 or HIST 2112	The United States to 1877 or The United States Since 1877	3	Core	Core Arts	Fine Arts (student's choice)	3	Core
GC2Y 2000	Global Perspectives (student's choice)	4	Core	Core Social Science	Social Science (student's choice)	3	Core
Total Semester Hours:		15		Total Semester Hours:		16	
Notes:	HSCS 2813 and 2823 can be substituted by BIOL 2251K and 2252K: Anatomy & Physiology I & II. MATH 1401 can be substituted by any other Core Technology, Math, or Science course. However, MATH 1401 is strongly recommended for students planning to attend graduate school. GC2Y 2000 must be taken between 30–59 earned hours.						

Year 3							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 3103*	Structural Kinesiology (pre-req to KINS 3223 and 3233)	3	Major	KINS 4203*	Exercise Prescription (pre-req or co-req to KINS 4222)	3	Major
KINS 3203*	Physiology of Exercise (co-req to KINS 3262; pre-req to KINS 4213)	3	Major	KINS 3243*	Exercise Leadership	2	Conc
KINS 3262*	Exercise Testing (pre-req to KINS 4203 and 4222)	3	Major	KINS 3233*	Methods of Resistance Training (pre-req to KINS 4213)	2	Major
KINS 3212*	Practicum I (pre-req to KINS 4222)	2	Conc	KINS 3223*	Biomechanics (pre-req to KINS 4213)	3	Major
Gen Elective	Any general elective course	3	Elective	KINS 3200*	Exercise and Sports Nutrition	3	Major
				Gen Elective	Any general elective course	3	Elective
Total Semester Hours:		14		Total Semester Hours:		16	
Summer	Students must take KINS 3205: Personal Training, which is only offered in the summer.						
Notes:	Students must meet with the Clinical Coordinator for the School of Health & Human Performance 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 4213*	Essentials of Strength and Conditioning	3	Conc	KINS 4206*	Internship in Exercise Science	12	Conc
KINS 4813*	Research Methods and Statistics	3	Major				
KINS 4222*	Practicum II	2	Conc				
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	1	Elective				
Total Semester Hours:		15		Total Semester Hours:		12	
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.
Core	Core IMPACTS — coursework required for every student regardless of major, which includes the following areas: Institutional Priority (GC1Y 1000 and GC2Y 2000); M athematics and Quantitative Skills; P olitical Science and U.S. History; A rts, Humanities, and Ethics; C ommunicating in Writing; T echnology, Mathematics, and Sciences; and S ocial Sciences.
Field	Core Field of Study courses, part of each major's requirements. These courses prepare students for further study in their chosen major field. Field of Study courses are specific to each major program.
Major	Exercise Science Major Common Core
Conc	Fitness and Performance 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.