

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)	3	Core	KINS 2200*	Intro to Exercise Biochemistry (pre-req to KINS 3200, 3203, and 3212)	3	Field
CHEM 1211K*	Principles of Chemistry I & Lab (pre-req to KINS 2200, BIOL 2251K, and BIOL 2260K)	4	Core + Cognate	BIOL 1107* + BIOL 1107L* or BIOL 2260K*	Principles of Biology I & Lab or Foundations of Microbiology	4	Core + Cognate
Core Humanities	Humanities and Ethics (student's choice)	3	Core	PSYC 1101*	Intro to General Psychology (pre-req to PSYC 3200)	3	Core
<b>Total Semester Hours:</b>		<b>14</b>		<b>Total Semester Hours:</b>		<b>16</b>	
<b>Summer</b>	Summer classes can be taken to lighten fall and spring course loads.						
<b>Notes:</b>	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
BIOL 2251K*	Anatomy & Physiology I (pre-req to BIOL 2252K and KINS 3103, 3203, 3212, 3223, 3262, and 4203)	4	Field	BIOL 2252K*	Anatomy & Physiology II (pre-req to KINS 3203, 3212, 3223, 3233, 3262, and 4203)	4	Field
KINS 2331*	Medical Terminology	1	Field	KINS 2210*	Methods of Correct Movement (pre-req to KINS 3223 and 3233)	3	Field
Core Art	Fine Arts (student’s choice)	3	Core	KINS 2323*	Nutrition (pre-req to KINS 3200)	3	Field
POLS 1101	American Government	3	Core	KINS 3103*	Structural Kinesiology (pre-req to KINS 3233)	3	Major
GC2Y 2000	Global Perspectives (student’s choice)	4	Core	HIST 2111 or HIST 2112	The United States to 1877 or The United States Since 1877	3	Core
Total Semester Hours:		15		Total 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* PHYS 1111L*	Intro to Physics & Lab	4	Core + Cognate	Gen Elective	Any general elective course	3	Elective
				Gen Elective	Any general elective course	1	Elective
Total Semester Hours:		15		Total Semester Hours:		15	
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 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				
Total Semester Hours:		15		Total 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).						

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); <b>M</b> athematics and Quantitative Skills; <b>P</b> olitical Science and U.S. History; <b>A</b> rts, Humanities, and Ethics; <b>C</b> ommunicating in Writing; <b>T</b> echnology, Mathematics, and Sciences; and <b>S</b> 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	Pre-Professional Concentration courses
Cognate	Cognate courses are required courses within a student's curriculum. These courses are connected to the major but may be from other academic disciplines.
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.