

BACHELOR OF SCIENCE – EXERCISE SCIENCE AND HUMAN PERFORMANCE

A MINOR IS NOT REQUIRED FOR THE BACHELOR OF SCIENCE DEGREE IN EXERCISE SCIENCE AND HUMAN PERFORMANCE

All degrees require a minimum of 120 credit hours, excluding developmental courses. A minimum of 39 credit hours must be advanced level.

This degree plans lists developmental courses that may be required based on test scores.

GENERAL EDUCATION REQUIREMENTS	HOURS
LEADERSHIP, EXCELLENCE, AND VIRTUE (3 hrs) [Select 3 hrs from] HIST 2330, 2340 RELI 2309 SCIE 2310 SRLD 1300, 1310 SOCI 1300	3
MATHEMATICS (3 hrs) [Select 3 hrs from] MATH 1311, 1315, 1320, 2421, 2322, 3351 Prerequisites for this requirement may include: MATH 1013D, 1023D (3-6 hrs based on test scores)	3
WRITTEN COMMUNICATION (6 hrs) ENGL 1310 & 1320 Prerequisites for this requirement may include: ACAD 1013D, 1023D, ENGL 1013D, 1023D, 1041D (3-13 hrs based on test scores)	6
ORAL COMMUNICATION (3 hrs) COMM 1310, 2330	3
CRITICAL REASONING (3 hrs) [Select 3 hrs from] BIMS 1300 COMM 2350 COSC 1322, 1325 ENGL 2300, 2310, 2320, 2350 MATH 2315 PHIL 2350, 2360	3
UNDERSTANDING CHRISTIAN TRADITION (3 hrs) [Select 3 hrs from] RELI 1310, 1330, 2330, 2340	3
FINE ARTS (3 hrs) [Select 3 hrs from] ARTS 1300, 1313 FNAR 2310 MULH 2301 THRE 1300, 2330	3
GLOBAL, SOCIETAL, AND PERSONAL PERSPECTIVES (11 hrs) World [Select 3 hrs from] ENGL 2330 HIST 1310, 1320 RELI 2350 POSC 2350 SOCI 2310, 2320 Society and Self [Select 6 hrs from two disciplines] ECON 2310, 2320 HIST 2310, 2320 POSC 2310 PSYC 1340, 2360 SOCI 1310 Health and Fitness [Select 2 hrs from] HFIT 1210 HFIT 1200* *(for students age 30 or above, or medical exemption)	3 6 2
NATURAL SCIENCE (4 hrs) (as required by major) [Select 4 hrs from] BIOL 1401, 2401 CHEM 1400, 1405, 1410 GEOS 1405, 1410, 2420 PHYS 1401, 1410, 2510	4
TOTAL HOURS	39

MAJOR IN EXERCISE SCIENCE AND HUMAN PERFORMANCE CORE (7 hours will meet general education requirements)	
COURSE	HOURS
KINE 2145 Fundamentals of APA Style	1
KINE 2330 Foundations of Exercise Science	3
KINE 3300 Statistics, Measurement & Eval in ES	3
KINE 3307 Nutrition for the Health Sciences	3
KINE 3321 Anatomical Kinesiology	3
KINE 4220 Lab Testing in ES	2
KINE 4320 Physiology of Exercise	3
BIOL 2401 Anatomy & Physiology I (meets General Education)	4
PSYC 1340 General Psychology (meets General Education)	3
SUB-TOTAL HOURS	25
Select one Concentration from the following page	45
TOTAL HOURS	70

FOREIGN LANGUAGE REQUIREMENT
8 hours in a single foreign language will be required unless two years of a single foreign language were completed in high school or the student graduated from high school prior to 2006.

FIRST-TIME, FULL-TIME FRESHMAN REQUIREMENT
ACAD 1340 Freshman Seminar

BACHELOR OF SCIENCE – EXERCISE SCIENCE AND HUMAN PERFORMANCE CONCENTRATIONS

PERSONAL AND COMMUNITY WELLNESS CONCENTRATION	
COURSE	HOURS
KINE 2335 Accident Prevention, Care of Injuries	3
KINE 3310 Exercise Prescription	3
KINE 3320 Exercise Leadership	3
KINE 3331 Personal & Community Health	3
KINE 4325 Risk Management in ES	3
KINE 4388 Internship (Practicum) in Exercise Science	3
ACCT 2310 Financial Accounting	3
BUSI 2310 Entrepreneurship I	3
[Select 6 hrs from] KINE 3000-4000 courses	6
[Select 1 from each] HFIT 1120-1129 Racquet Sports HFIT 1140-1149 Cardiovascular Fitness HFIT 1130-1139 OR 1150-1199 Lifetime Activity	1 1 1
[Select 12 hrs from] BIMS 2105 Medical Terminology I BIMS 3205 Medical Terminology II BIOL 2402 Anatomy & Physiology II BUSI 1310 Contemporary Business BUSI 4370 Business Law BUSI 4385 Ethics in Business & Society FINC 3330 Personal Finance MGMT 3310 Principles of Management MKTG 3370 Principles of Marketing PSYC 4341 Physiological Psychology	12
TOTAL HOURS	45

PRE-PROFESSIONAL CONCENTRATION	
COURSE	HOURS
[Select 36 hrs from] KINE 2261 Assessment of Athletic Injuries KINE 2335 Accident Prevention, Care of Injuries KINE 3245 Writing using APA Style KINE 3302 Intro to Motor Learning KINE 3310 Exercise Prescription KINE 3325 Biomechanical Kinesiology KINE 3330 Adapted Physical Activity & Sport KINE 3380 Therapeutic Modalities KINE 4100 Applied Pharmacology KINE 4340 Advanced Techniques of Athletic Training KINE 4245 Experimental Research in ES BIMS 2105 Medical Terminology I BIMS 3205 Medical Terminology II BIMS 3430 Human Physiology BIOL 2402 Anatomy & Physiology II CHEM 1410 General Chemistry I CHEM 1420 General Chemistry II PHYS 1410 General Physics I PHYS 1420 General Physics II PREP 2105 Seminar in Health Professions I PREP 2106 Seminar in Health Professions II	36
[Select 3 hrs from] KINE 3000-4000 courses KINE 4325 Risk Management	3
[Select 3 hrs from] PSYC 3340 Social Psychology PSYC 3382 Positive Psychology & Mental Health PSYC 4341 Physiological Psychology PSYC 4300 Abnormal Psychology	3
[Select 3 hrs from] KINE 3131-4122 Apprentice Athletic Trainer Laboratory KINE 4388 Internship (Practicum) in Exercise Science	3
TOTAL HOURS	45

FOR STUDENTS INTERESTED IN PRE-PHYSICAL THERAPY – THE FOLLOWING COURSES ARE SUGGESTED:

KINE 3245
 KINE 3302
 KINE 3310
 KINE 3325
 KINE 4245
 3 Hrs advanced KINE course
 KINE 4388
 BIMS 2105
 BIMS 3205
 BIMS 3430
 BIOL 2402
 CHEM 1410
 CHEM 1420
 PHYS 1410
 PHYS 1420
 PREP 2105
 PREP 2106
 PSYC 4300

BACHELOR OF SCIENCE – EXERCISE SCIENCE AND HUMAN PERFORMANCE CONCENTRATIONS

**FOR STUDENTS INTERESTED IN OCCUPATIONAL THERAPY –
THE FOLLOWING COURSES ARE SUGGESTED:**

KINE 3245
KINE 3302
KINE 3310
KINE 3325
KINE 4245
3 Hrs advanced KINE course
KINE 4388
BIMS 2105
BIMS 3205
BIMS 3430
BIOL 2402
PHYS 1410
PREP 2105
PREP 2106
PSYC 4300
PSYC 2360

**FOR STUDENTS INTERESTED IN PRE-ATHLETIC TRAINING –
THE FOLLOWING COURSES ARE SUGGESTED:**

KINE 2261
KINE 2335
KINE 3245
KINE 3302
KINE 3310
KINE 3330
KINE 3380
KINE 4100
KINE 4340
KINE 4245
KINE 4325
3 Hrs KINE 3121-4122
BIMS 2105
BIMS 3205
BIOL 2402
3 Hrs PSYC 3340, 3382, 4341, 4300