



**PART I: GENERAL EDUCATION REQUIREMENTS (GER) <sup>1</sup>**

Courses approved to meet GER are outlined in the Academic Regulations section of the *Undergraduate Catalog*.

*Courses in Content Areas 1-3 must be in 6 different departments.*

*One course from Content Area 4 may be used to fulfill a requirement in Content Areas 1-3.*

Content Area	Dept.	Course No.	Credits	Semester/Year	Grade
<input type="checkbox"/> Foreign Languages (3 years single language in high school) OR pass second course in first-year college sequence					
<input type="checkbox"/>				____ / ____	____
				____ / ____	____
ENGL 1007 or 1010 or 1011				____ / ____	____
"W" Course				____ / ____	____
"W" Course ( <i>within major</i> )				____ / ____	____
"Q" Course				____ / ____	____
"Q" Course ( <i>MATH or STAT</i> )				____ / ____	____
Environmental Literacy ( <i>total 3 credits</i> )				____ / ____	____
1 Arts & Humanities ( <i>total 6 credits</i> )				____ / ____	____
				____ / ____	____
2 Social Sciences ( <i>total 6 credits</i> )				____ / ____	____
				____ / ____	____
3 Science & Technology ( <i>total 6 credits – include one 4-credit laboratory course</i> )				____ / ____	____
				____ / ____	____
4 Diversity & Multiculturalism ( <i>total 6 credits – one must be "International" course</i> )				____ / ____	____
				____ / ____	____

**Computer Technology Competency:** See major requirements

**Information Literacy Competency:** See major requirements

## EXERCISE SCIENCE

### PART II: INDIVIDUAL COURSE REQUIREMENTS OF EXERCISE SCIENCE MAJOR<sup>1</sup>

Courses in this section that are numbered 2000-level or above may also be used to meet the 36 Credit Requirement (Part III).

**ALL of the following:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1107	Principles of Biology I	4	_____ / _____	_____
CHEM	1127Q	General Chemistry I	4	_____ / _____	_____
COMM	1100	Principles of Public Speaking	3	_____ / _____	_____
MATH	<input type="checkbox"/> 1060Q	Precalculus	_____	_____ / _____	_____
	<input type="checkbox"/> or 1131Q	Or Calculus I			
NUSC	1165	Fundamentals of Nutrition	3	_____ / _____	_____
PHYS	1201Q	General Physics I	4	_____ / _____	_____
PNB	2264	Anatomy & Physiology I	4	_____ / _____	_____
PNB	2265	Anatomy & Physiology II	4	_____ / _____	_____
PSYC	1100	General Psychology I	3	_____ / _____	_____
STAT	<input type="checkbox"/> 1000Q	Introduction to Statistics I	4	_____ / _____	_____
	<input type="checkbox"/> or 1100Q	or Elementary Concepts of Statistics			
KINS	1100	Exercise and Wellness for Everyone	3	_____ / _____	_____
KINS	1200	Foundations of Exercise Testing	1	_____ / _____	_____
KINS	1300	Foundations of Strength Training	1	_____ / _____	_____
KINS	2227	Exercise Prescription	3	_____ / _____	_____
KINS	3320	Exercise Psychology	3	_____ / _____	_____
KINS	3522	Biomechanics of Injury and Sport	3	_____ / _____	_____
KINS	3530/3531W	Aerobic Training for Health & Performance	3	_____ / _____	_____
KINS	3545/3546W	Resistance Training for Health & Performance	3	_____ / _____	_____
KINS	4205/W	Exercise Science Capstone	3	_____ / _____	_____
KINS	4500	Exercise Physiology	3	_____ / _____	_____
KINS	4510/4511W	Advanced Topics in Health and Sport Performance	3	_____ / _____	_____

### EXERCISE SCIENCE CONCENTRATION

**ALL of the following:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1108	Principles of Biology II	4	_____ / _____	_____
CHEM	1128Q	General Chemistry II	4	_____ / _____	_____

## EXERCISE SCIENCE

Dept.	No.	Course Title	Credits	Semester/Year	Grade
KINS	<input type="checkbox"/> 3212	Field Experiences in Rehabilitation, Health Care, and Sport	3	_____ / _____	_____
KINS	<input type="checkbox"/> 3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
PHYS	1202Q	General Physics II	4	_____ / _____	_____

**Minimum of 12 credits of Related Electives from the following departments CHEM, KINS, MCB, NUSC, PATH, PNB & PSYC or other approved courses by advisor and department head:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____

## SPORTS HEALTH CONCENTRATION

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**ALL of the following:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
AH	2001	Medical Terminology	2	_____ / _____	_____
HDFS	1070	Individual and Family Development	3	_____ / _____	_____
KINS	2200	Introduction to Athletic Training	3	_____ / _____	_____
KINS	3212	Experiences in Athletic Training, Health Care, & Sport	3	_____ / _____	_____
KINS	3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
NUSC	4250	Nutrition for Exercise and Sport	3	_____ / _____	_____
PSYC	1101	General Psychology II	3	_____ / _____	_____
PSYC	2400	Development Psychology	3	_____ / _____	_____

**Minimum of 12 credits of Related Electives from the following departments AH, CHEM, KINS, MCB, OPIM, NUSC, PATH, PNB & PSYC or other approved courses by advisor and department head:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____

## EXERCISE SCIENCE

### SPORTS PERFORMANCE CONCENTRATION

**ALL of the following:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
ACCT	2001	Principles of Financial Accounting	3	_____ / _____	_____
HDFS	1070	Individual and Family Development	3	_____ / _____	_____
KINS	3212	Experiences in Athletic Training, Health Care, & Sport	3	_____ / _____	_____
KINS	3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
NUSC	2200	Nutrition and Human Development	3	_____ / _____	_____
NUSC	4250	Nutrition for Exercise and Sport	3	_____ / _____	_____
PSYC	1101	General Psychology II	3	_____ / _____	_____

**Minimum of 12 credits of Related Electives from the following departments AH, CHEM, KINS, MCB, OPIM, NUSC, PATH, PNB, & PSYC or other approved courses by advisor and department head:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____
_____	_____	_____	_____	_____ / _____	_____

### PRE-MED SCIENCE CONCENTRATION

**ALL of the following:**

Dept.	No.	Course Title	Credits	Semester/Year	Grade
BIOL	1108	Principles of Biology II	4	_____ / _____	_____
CHEM	1128Q	General Chemistry II	4	_____ / _____	_____
CHEM	2443	Organic Chemistry	3	_____ / _____	_____
CHEM	2444	Organic Chemistry	3	_____ / _____	_____
CHEM	2445	Organic Chemistry Laboratory	3	_____ / _____	_____
MCB	2000	Intro to Biochemistry	4	_____ / _____	_____
MCB	2210	Cell Biology	3	_____ / _____	_____
MCB	<input type="checkbox"/> 2400 <input type="checkbox"/> or 2410	Human Genetics <u>Or</u> Genetics	3	_____ / _____	_____
MCB	2610	Fundamentals of Microbiology	4	_____ / _____	_____
MCB	4211	Basic Immunology	3	_____ / _____	_____
PHYS	1202Q	General Physics II	4	_____ / _____	_____

## EXERCISE SCIENCE

### NOTE: 3+2 ACCELERATED PROGRAM

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*Students in the 3+2 accelerated program are encouraged to take the following courses to help prepare for the M.S.A.T. program:*

Dept.	No.	Course Title	Credits	Semester/Year	Grade
KINS	2220	Introduction to Athletic Training	3	_____ / _____	_____
KINS	3212	Experiences in Athletic Training & Health Care	3	_____ / _____	_____
KINS	3222	Mind, Body, and Sport Performance	3	_____ / _____	_____
NUSC	4250	Nutrition for Exercise and Sport	3	_____ / _____	_____

*Writing Competency:* All students are required to successfully complete two W courses. Courses that will satisfy the W requirement include: KINS 3099W, 3530W, 3545W, 3697W, and 4510W.

*Computer Technology Competency:* Satisfied by University entrance expectations.

*Information Literacy Competency:* Satisfied by required courses for major.