

Department Of Kinesiology  
Undergraduate Major  
EXERCISE SCIENCE

**University Core Curriculum (40)**

Foundation Studies (13)

ENGL 101 (C or better)  
ENGL 102 (C or better)  
CMST 101  
MATH 108 (Required)  
UCOL 101U

Disciplinary Studies (24)

*Fine Arts* (3) (Choose one.)

AD 100a orb, AD 101, CP101, ENGL 119,  
ENGL 203, ENGL 206a orb,  
FL 200a or b, HIST 201, MUS 103,  
THEA 101

*Human Health* (2)

HND 101 (Required)

*Humanities* (6) (Choose two)

AD 207a, b, c, CLAS 230, CLAS 270,  
CLAS 271, ENOL 121, ENG 204,  
FR 101a, b, GER 101a, b,  
HIST 101a, b, LING 200, PHIL 102,  
PHIL 104, PHIL 105

*Science* {7} (Choose one from each group.)

GROUP 1:

CHEM 140a (Required)

GROUP2:

ZOOL 115 or ZOOL 118 (Required)

*Social Science* (6) (Choose one from each group.)

GROUP 1:

ANTH 104, ECON 113, GEOG 100,  
GEOG 103, HIST 110, HIST 112,  
POLS 114, or SOC 108

GROUP2:

PSYC 102 (Required)

Integrative Studies (3)

Multicultural Studies (3) (Choose one)

**Major Requirements (55)**

KIN 201-3 Movement Science  
KIN 300-3 Musculoskeletal Anatomy  
KIN 313-3 Motor Behavior  
KIN 318-3 Behavior Aspects of Exercise  
KIN 320-3 Exercise Physiology  
PR: KIN 201, PHSL 201  
KIN 321-3 Biomechanics  
PR: KIN 300 or PTH 207  
KIN 324-3 Essentials of Athletic Injury Mgmt  
KIN 342-3 Pharmacology  
PR: PHSL 201, CHEM 140A  
KIN 355F-2 Practicum in Exercise Science  
KIN 381-3 Exercise & Nutrition  
PR:KIN 320 & JR standing  
KIN 382-3 Cardio Test & Ex Prescription  
PR:KIN 320 & JR standing  
KIN 408-3 Adv. Ex Prescription  
PR:KIN 320 & KIN 382  
KIN 420-3 Adv. Ex. Physiology  
PR:PHSL 201 & KIN 320  
KIN 421-3 Principle of Skeletal Muscle Action  
PR:PHSL 201 & KIN 320  
KIN 428-3 Phys.Act.& Ex.-Older Adults  
PR: KIN 320  
CHEM 140B-4 Chemistry  
QUAN 402-3 Basic Statistics PHSL  
201-3 Human Physiology PHSL  
208-1 Lab Exp. in Physiology PHYS

Electives (25 hours) Suggested: Physics 101

Refer to the undergraduate catalog for additional prerequisites, course descriptions, and additional degree information.

**Fall**

**Spring**

**First Year**

- (3) ENGL 101 English Comp 1 \_\_\_\_\_
- (3) PSYCH 102 Intro to Psychology \_\_\_\_\_
- (3) ZOO115 \_\_\_\_\_
- (3) MATH 108 \_\_\_\_\_
- (3) UCOL 101 \_\_\_\_\_

Total Hours ..... 15

- (3) KIN 201 Human Movement Science \_\_\_\_\_
- (2) HND 101 Personal Nutrition \_\_\_\_\_
- (3) ENOL 102 English Comp 2 \_\_\_\_\_
- (3) CMST 101 Oral Communication \_\_\_\_\_
- (3) PHSL 201 Human Physiology & \_\_\_\_\_
- (1) PHSL 208 Physiology Lab \_\_\_\_\_

Total Hours ..... 15

**Second Year**

- (3) KIN 300 Muscular/Skeletal Anatomy \_\_\_\_\_
- (3) KIN 313 Motor Behavior \_\_\_\_\_
- (4) CHEM 140A General Chemistry \_\_\_\_\_
- (3) KIN 324 Essentials Ath Injury Mgmt \_\_\_\_\_
- (3) Elective \_\_\_\_\_

Total Hours ..... 16

- (3) KIN 320 Exercise Physiology \_\_\_\_\_
- (4) CHEM 140B Organic Chemistry \_\_\_\_\_
- (3) Humanities \_\_\_\_\_
- (3) Social Science \_\_\_\_\_
- (3) Elective \_\_\_\_\_

Total Hrs ..... 16

**Third Year**

- (3) KIN 321 Biomechanics Human Mvmt \_\_\_\_\_
- (3) KIN 381 Exercise & Nutrition \_\_\_\_\_
- (3) Multicultural \_\_\_\_\_
- (3) UCC Fine Arts \_\_\_\_\_
- (3) Elective \_\_\_\_\_

Total Hrs ..... 15

- (3) KIN 382 Cardio Vascular Test.. \_\_\_\_\_
- (3) KIN 342 Pharmacology \_\_\_\_\_
- (2) KIN 355F Practicum in Ex Sci \_\_\_\_\_
- (3) Elective \_\_\_\_\_
- (3) KIN 318 Behav Aspect of Exercise \_\_\_\_\_

Total Hours ..... 14

**Fourth Year**

- (3) PHYS 101 Physics Change World \_\_\_\_\_
- (3) KIN 420 Advanced Exercise Physiology \_\_\_\_\_
- (3) KIN 421 Prin of SkelMuscle Action \_\_\_\_\_
- (3) KIN 408 Adv Exercise Prescription \_\_\_\_\_
- (2) Elective \_\_\_\_\_

Total Hrs ..... 14

- (3) KIN 428 Phys Activity Exer Older Adult \_\_\_\_\_
- (3) QUAN 402 Basic Statistics \_\_\_\_\_
- (6) Electives \_\_\_\_\_
- (3) Humanities \_\_\_\_\_

Total Hours ..... 15