Department Of Kinesiology
Undergraduate Major
EXERCISE SCIENCE

University Core Curriculum (42)
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)
  GROUP 2:
    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
  GROUP 2:
    PSYC 102 (Required)

Integrative Studies (3)
Multicultural Studies (3) (Choose one)

Major Requirements (58)
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 101-3 Introduction to Physics

Electives (20 hours)

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

Updated 4/2017
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<th>Year</th>
<th>Subjects</th>
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<tr>
<td><strong>Fall</strong></td>
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<tr>
<td>First Year</td>
<td>(3) ENOL 101 English Comp 1</td>
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<td>(3) PSYCH 102 Intro to Psychology</td>
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<td>(3) ZOOL 115</td>
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<tr>
<td>Second Year</td>
<td>(3) KIN 300 Muscular/Skeletal Anatomy</td>
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<td>(3) KIN 313 Motor Behavior</td>
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<td>(4) CHEM 140A General Chemistry</td>
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<td>(3) KIN 324 Essentials Ath Injury Mgmt</td>
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