

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