**Department of Kinesiology (Effective 2020-2021)**

**Bachelor of Science in Kinesiology (KINS) Exercise Science Concentration**

**Student:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Adviser:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_**

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| **Course** | **CR** | | **Course** | **CR** | |
| **Freshman Year: First Semester** | | | **Freshman Year: Second Semester** | | |
| FRST 101 **SS** | 1 |  | KINS 101 Psyc of Wellness & Behavioral Change | 2 |  |
| ENGL 100 **WC** | 3 |  | KINS 102 Medical Terminology | 1 |  |
| PSYC 101**1 SBS** | 3 |  | KINS 130 Introduction to Kinesiology | 1 |  |
| BIOL 100**1 SR** | 4 |  | CHEM 104 or 106**1 SR** | 4 |  |
| Humanities/Fine Art**2** | 3 |  | ENGL 101 **WC** | 3 |  |
| KINS 189 Professional Distinction in Kins I | 1 |  | MATH 103+104 or 111**MLAR** | 4 |  |
| **Semester Total** | **15** |  | **Semester Total** | **15** |  |
| **Sophomore Year: First Semester** | | | **Sophomore Year: Second Semester** | | |
| BIOL 350**1** | 4 |  | AA History & Culture**2** | 3 |  |
| MATH 224**1 MLAR** | 3 |  | Global Awareness**2** | 3 |  |
| **Free Elective** | 3 |  | KINS 201 Principles of Strength & Conditioning I | 2 |  |
| PHYS 225**1** | 4 |  | KINS 202 Principles of Strength & Cond I Lab | 1 |  |
| KINS 200 **CS**Intro to Health Edu & Promotion | 2 |  | KINS 204 Fitness & Health Assessment | 2 |  |
|  |  |  | KINS 205 Fitness & Health Assessment Lab | 1 |  |
|  |  |  | KINS 206 Genetics & Exercise | 2 |  |
|  |  |  | KINS 207 A & P Application in Kinesiology | 3 |  |
| **Semester Total** | **16** |  | **Semester Total** | **17** |  |
| **Junior Year: First Semester** |  |  | **Junior Year: Second Semester** |  |  |
| KINS 301 Principles of Strength & Cond II | 2 |  | KINS 304 **CS** ECG | 2 |  |
| KINS 302 Princ of Strength & Cond II Lab | 1 |  | KINS 305 **CS** ECG Lab | 1 |  |
| KINS 303 **CS** Nutrition for Hlth and Sports Perf | 3 |  | KINS 306 **CS** Fitness Across the Life Span | 2 |  |
| KINS 333 Prevention & Care of Athl Injury | 2 |  | KINS 307 Principles of Exercise Prescription | 3 |  |
| KINS 334 Preven & Care of Athl Injury Lab | 1 |  | KINS 375 Neuromuscular Control | 2 |  |
| KINS 345 Biomechanics | 2 |  | KINS 376 Neuromuscular Control Lab | 1 |  |
| KINS 346 Biomechanics Lab | 1 |  | KINS 396 Community Project I | 1 |  |
| KINS 370 Exercise Physiology | 3 |  | **Free Elective** | 3 |  |
| KINS 371 Exercise Physiology Lab | 1 |  |  |  |  |
| **Semester Total** | **16** |  | **Semester Total** | **16** |  |
| **Senior Year: First Semester** |  |  | **Senior Year: Second Semester** |  |  |
| KINS 401 **CS** Exercise Pharmacology | 3 |  | KINS 407 Exercise Prescription for Clinical Pop | 2 |  |
| KINS 406 Preparation for Certification Exam | 1 |  | KINS 408 **CS** Pathophysiology & Exercise | 3 |  |
| KINS 470 Advance Exercise Physiology | 3 |  | KINS 409 **CS** Cardiopulmonary Rehabilitation | 3 |  |
| KINS 476 Advance Exercise Physiology Lab | 1 |  | KINS 410 **CS** Cardiopulmonary Rehabilitation Lab | 1 |  |
| KINS 487 Internship I | 3 |  | KINS 412 **CS** Motivational Interview & Learn Styles | 1 |  |
| KINS 489 Professional Distinction in Kins II | 1 |  | KINS 413 **Survey** Program Evaluation | 0 |  |
| KINS 496 Community Project II | 1 |  | KINS 498 Internship II | 3 |  |
| **Semester Total** | **13** |  | **Semester Total** | **13** |  |

1 HPLS internal requirement.

2 Student chooses from the university’s list of approved courses to meet this requirement

WC Meets Written Communications requirement

SR Meets Scientific Reasoning requirement

SS Meets Student Success requirement

SBS Meets Social & Behavior Science requirement

MLAR Meets Mathematical, Logical, and Analytical Reasoning requirement

CS Course is SSFM concentration specific