

**EXERCISE SCIENCE MAJOR COURSE SEQUENCE**

The following course sequence is recommended; however, the schedule is flexible.

BIOL 221 must be taken before taking KIN 321. KIN 150 should be taken as early as possible and before KIN 321. MATH 115 must be completed before taking KIN 310. KIN 200 must be taken before KIN 300, and KIN 300 must be taken before KIN 383. Additionally, KIN 321 must be completed before taking KIN 421. KIN 321, 310, CHEM Pre-req., and MATH 115 must be completed before taking KIN 422.

The following sequence of courses serves as a suggestion only and variances may occur. Please consult with your exercise science advisor as soon as possible to determine the optimal schedule to achieve your goals.

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
MATH 115 – Intro to Statistics  KIN 150 – Intro to Writing in Exercise Science	BIOL 221/221L – Human Physiology & Lab  KIN 208 – Intro to Nutrition  KIN 300/300L – Anatomical Kin & Lab  KIN 310/310L – Research Methods & Lab	KIN 300/300L – (if not taken previously)  KIN 321/321L – (if not taken previously)  KIN 421/421L – Clinical Exercise Physiology & Lab	KIN 499 – Special Studies OR KIN 299 – Internships  KIN 422/422L – Regulation of Human Metabolism & Lab
SPRING	SPRING	SPRING	SPRING
KIN 200/200L – Human Anatomy & Lab  KIN 150 – Intro to Writing in Exercise Science (if not previously taken)  MATH 115 – (if not previously taken)	KIN 200/200L – (if not previously taken)  KIN 150 – (if not previously taken)  KIN 321/321L – Exercise Physiology & Lab  CHEM Pre-Req. – Intro to Biological Chemistry	KIN 383/383L – Biomechanics & Lab	Elective in Kinesiology

## EXERCISE SCIENCE MAJOR

### REQUIRED COURSES:

		<u>Credits</u>	<u>Sem</u>	<u>Prerequisites</u>
KIN 150	Introduction to Writing in Exercise Science	1	F/S	
KIN 200/200L	Human Anatomy & Lab (BIO 222)	3+1	F/S	
KIN 208	Introduction to Nutrition	3	F/S	
KIN 300/300L	Anatomical Kinesiology & Lab	3+.50	F/S	KIN 200/200L
KIN 310/310L	Research Methods in Kinesiology	3+1	F/S	MATH 115
KIN 321/321L	Exercise Physiology & Lab	3+1	F/S	BIO 221; KIN 150
KIN 421/421L	Clinical Exercise Physiology & Lab	3+1	F/S	KIN 321/321L; BIO 221
KIN 383/383L	Biomechanics & Lab	3+.50	F/S	KIN 200/200L, KIN 300/300L
KIN 422/422L	Regulation of Human Metabolism & Lab	3+1	F/S	KIN 310/310L & 321/321L
KIN 499	Special Studies in Exercise Science	3	F/S	CHEM Pre-Req KIN 310/310L
OR				
KIN 299	Internships	3	F/S/Summer	

### REQUIRED CORE COURSES:

CHEM 103/103L	Intro to Biological Chemistry & Lab	3+1	S	
OR				
CHEM 125/127	General Chemistry I & Lab	3+1	F	Written permission from instructor
OR				
CHEM 131/132	Accelerated General Chemistry & Lab	3+1	F	Written permission from instructor
BIOL 221/221L	Human Physiology & Lab	3+1	F/S	
MATH 115	Intro to Statistics	3	F/S	

### ELECTIVE COURSES#—Choose one of the following (as offered):

KIN 301	Motor Development	3		
KIN 308	Nutrition and Athletic Performance	3		KIN 208, 321/321L
KIN 325	Science of Conditioning, Strength, & Power	3		KIN 321/321L
KIN 326	Children, the Elderly, and Exercise	3		KIN 321/321L
KIN 342	Injury Management & Care	3		KIN 200/200L; KIN 300/300L
KIN 371/371L	Sport Psychology & Lab	3+.50		

NOTE: Separate recommended sequences exist for students interested in pre-physical therapy, pre-occupational therapy, pre-athletic training, pre-physician assistant, and pre-med. For all pre-health professions majors, see the pre-health professions advisor and your exercise science advisor.