

Exercise & Sport Science

Note this chart is only a suggestion. To meet the requirements for graduation, check your Advisement Report regularly.
It is strongly recommended for all students to meet with an academic advisor every semester.

Kinesiology courses after the first year all require admission to a major in the department or permission

Fall Year 1			
Gen Ed	Class #	Class Title	Credits
Lab Sci	Bio 105	Biological Concepts	4
	Kin 121	Kinesiology Orientation	1
	Kin 170	Medical Terminology	1
Q1 Write	WBIS 188	Writing Based Inquiry	3
Q1 Pair	SQ 1	Culture Quest/Explore Course (GC)	3
L1 Math	Math 104	College Algebra or Placement	3
Total			15

Spring Year 1			
Gen Ed	Class #	Class Title	Credits
Lab Sci	Bio 211	Human Anatomy (26-105)	4
	Kin 122	Kinesiology Admission Seminar	1
	Kin 171	Prev., Recog., & Tx of Ath. Inj.	2
Q2 Speak	Comm 111	Fund. of Speech Communication	3
Q2 Pair	SQ 2	Society Quest/Explore Course	3
		Elective	3
Total			16

Fall Year 2			
Gen Ed	Class #	Class Title	Credits
Lab Sci	Bio 212	Human Physiology (26-211)	4
	Kin 173	Applied Anatomy & Kinesiology	3
	Kin 201	Strength Training Techniques	1
SS	History	Statistics 86-203 or 67-201	3
L2 Math	SQ 3	Culture/Society Quest/Explore Course	3
Total			17

Spring Year 2			
Gen Ed	Class #	Class Title	Credits
	Kin 340	Biomechanics	3
	Kin 350	Physiology of Exercise (26-212)	3
	Kin 351	Nutrition for Health & Perf (26-212)	3
XC Conn	WRT 288	Connect Advanced Writing (XK)	3
XS	Psych 101	Introductory Psychology (suggested)	3
Total			15

Fall Year 3			
Gen Ed	Class #	Class Title	Credits
	Kin 361	Medical Aspects of Exercise (77-350)	3
	Kin 352	Performance Assessment Tech (77-350)	3
	Kin 370	Princ of Weight Training & Cond (77-350)	3
Lab Sci		Lab science course other than Biology	4
XS or XC		Culture/Society Explore Course	3
Total			16

Spring Year 3			
Gen Ed	Class #	Class Title	Credits
	Kin 349	Behavioral Aspects in Ex (86-101)	3
	Kin 331	Motor Learning (86-101)	3
	Kin 405	Group Exercise Leadership	1
	Kin 443	Progressive Training Techniques	2
Lab Sci		Lab Science course other than Biology	4
		Kin Elective	3
Total			16

Fall Year 4			
Gen Ed	Class #	Class Title	Credits
	Kin 407	Clin Exp in Ex & Fitness (77-352, FA-CPR)	3
	Kin 447	Admin & Facility Mgmt. in Kin (77-370)	3
XS or XC		Culture/Society Explore Course	3
ES/HU/XC		Ethnic Studies Literature Course	3
		Kin Elective	1
Total			13

Spring Year 4			
Gen Ed	Class #	Class Title	Credits
	Kin 480	Kinesiology Internship	12
Total			12

Degree Total 120

(black) Kin Core Credits 54

(blue) KIN Elective Credits 12

(red) USP/BS Degree Credits 47

(green) Other Credits 7

prerequisites in parenthesis

Students must have a minimum of 120 credits to graduate

Required (29 cr)

Biology 212	Human Physiology	4 cr
Kinesiology 173	Applied Anatomy and Kinesiology	3 cr
Kinesiology 201	Strength Training Techniques	1 cr
Kinesiology 331	Motor Learning	3 cr
Kinesiology 340	Biomechanics	3 cr
Kinesiology 349	Behavioral Aspects of Kinesiology	3 cr
Kinesiology 350	Physiology of exercise	3 cr
Kinesiology 351	Nutrition for Health & Performance	3 cr
Kinesiology 352	Fitness Assessment Techniques	3 cr
Kinesiology 447	Admin. & Facilities Mgmt in Kinesiology	3 cr

ELECTIVES Crs# Course Name

Choose	77-104	AED, CPR, and First Aid	1 cr
10 cr	77-200	Strength & Conditioning Practicum	1 cr
	77-202	Advanced Strength Training Techniques	1 cr
	77-320	Business of Wellness	3 cr
	77-361	Medical Aspects of Kinesiology	3 cr
	77-368	Research Techniques	3 cr
	77-370	Principles of Strength Training & Cond.	3 cr
	77-371	Strength & Conditioning Program Design	3 cr
	77-380	Running Injuries, Assessment & Interven.	3 cr
	77-405	Group Exercise Leadership	1 cr
	77-407	Clinical Experience in Exercise & Fit.	3 cr
	77-410	Applied Biomechanical Principles	3 cr
	77-425	Current Topics in Kinesiology	1 to 3 cr
	77-443	Progressive Training Techniques	2 cr
	77-446	Independent Study	1 to 3 cr
	77-450	Advanced Physiology of Exercise	3 cr
	77-461	Clinical Experience in Strength & Cond.	3 cr
	77-474	Honor's Thesis	1 to 3

Exercise & Sport Science (OLD Strength & Conditioning Track) - Now S&C major

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Total			16

Fall Year 2			
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Lab Sci	Bio 212	Human Physiology (26-211)	4
	Kin 173	Applied Anatomy & Kinesiology	3
	Kin 201	Strength Training Techniques	1
SS		History	3
L2 Math		Statistics 86-203 or 67-201	3
Q3	SQ 3	Culture/Society Quest/Explore Course	3
Total			17

Spring Year 2			
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	Kin 340	Biomechanics	3
	Kin 350	Physiology of Exercise (26-212)	3
	Kin 351	Nutrition for Health & Perf (26-212)	3
XC Conn	WRT 288	Connect Advanced Writing (XK)	3
XS	Psych 101	Introductory Psychology (suggested)	3
Total			15

Fall Year 3			
Gen Ed	Class #	Class Title	Credits
		KIN Elective	3
	Kin 352	Fitness Assessment Techniques (77-350)	3
	Kin 370	Princ of Weight Training & Conditioning (77-350)	3
Lab Sci		Lab science course other than Biology	4
XS or XC		Culture/Society Explore Course	3
Total			16

Spring Year 3			
Gen Ed	Class #	Class Title	Credits
	Kin 349	Behavioral Aspects in Ex (86-101)	3
	Kin 331	Motor Learning (86-101)	3
	Kin 371	Strength & Cond. Program Design	3
Lab Sci		Lab Science course other than Biology	4
		KIN Elective	1
Total			14

Fall Year 4			
Gen Ed	Class #	Class Title	Credits
	Kin 443	Progressive Training Techniques	2
	Kin 447	Admin & Fac Mgmt. in Kin (77-370)	3
	Kin 461	Clinical Experience in Strength & Cond.	3
XS or XC		Culture/Society Explore Course	3
ES/HU/XC		Ethnic Studies Literature Course	3
	Kin 202	Advanced Strength Training Techniques	1
Total			15

Spring Year 4			
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	Kin 480	Kinesiology Internship	12
Total			12

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