## Exercise Science (EXSC) Major

**Department of Kinesiology**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNES 265</td>
<td>Fundamentals in Health and Physical Fitness Assessment</td>
<td>3</td>
</tr>
<tr>
<td>KNES 297</td>
<td>Foundations of Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>KNES 313</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KNES 355</td>
<td>Psychology of Sport</td>
<td>3</td>
</tr>
<tr>
<td>or KNES 361</td>
<td>Exercise Psychology</td>
<td></td>
</tr>
<tr>
<td>KNES 364</td>
<td>Clinical Exercise Assessment and Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KNES 367</td>
<td>Quantitative Research Methods</td>
<td>3</td>
</tr>
<tr>
<td>KNES 469</td>
<td>Research Methods in Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>KNES 217</td>
<td>Functional Anatomy for Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>or KNES 311</td>
<td>Biomechanics</td>
<td></td>
</tr>
<tr>
<td>or KNES 341</td>
<td>Concepts of Motor Learning</td>
<td></td>
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</tbody>
</table>

### EXSC Core Courses (39 CH)

### EXSC Elective Courses (must be from defined list on back of page) 15

### Additional Required Courses (27/26 CH)

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 191/L</td>
<td>Introduction to Biology for Health Professions</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 221/L</td>
<td>Anatomy &amp; Physiology I Lecture and Lab</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 222/L</td>
<td>Anatomy &amp; Physiology II Lecture and Lab</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 121/L</td>
<td>Chemistry for Allied Health Professionals</td>
<td>4</td>
</tr>
<tr>
<td>or CHEM 131/L*</td>
<td>General Chemistry I (CORE 8)</td>
<td></td>
</tr>
<tr>
<td>HLTH 101</td>
<td>Wellness for a Diverse Society</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 202</td>
<td>Physics for Allied Health Professionals</td>
<td>5</td>
</tr>
<tr>
<td>or PHYS 211*</td>
<td>General Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 101</td>
<td>Introduction to Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Credit Hours Earned** 66/65

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* Students interested in a post-graduate program should elect to take General Chemistry I (CHEM 131/L) and General Physics I (PHYS 211) as these courses often are pre-requisites required by most post-graduate programs.

Some EXSC core courses require a college-level algebra course. Options include MATH 115, MATH 119, MATH 211, or MATH 273 (suggested to select one of these for fulfilling the CORE 3 requirement). A qualifying math placement test score (score higher than 61 on ALEKS) may replace the college-level algebra course prerequisite.

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### SAMPLE DEGREE PLAN

#### Freshman

**Term 1**

- BIOL 191/L 4
- PSYC 101 3
- KINES 297 3
- CORE 1 (or CORE 2) 3
- CORE 4 3
- CORE 5 3

**Term 2**

- HLTH 101 3
- KINES 297 3
- BIOL 221/L 3
- MATH 115 (suggested CORE 3) 3
- CORE 2 (or CORE 1) 4

**Total CHs:** 16

**Sophomore**

**Term 1**

- BIOL 222/L 4
- CHEM 121/L or CHEM 131/L 4
- KINES 265 3
- CORE 12 3
- CORE 13 3
- General Elective 3

**Term 2**

- CHEM 121/L or CHEM 131/L 4
- General Elective 3
- CORE 14 3

**Total CHs:** 13

**Junior**

**Term 1**

- KINES 313 3
- EXSC Elective 3
- PHYS 202 or 211 5
- General Elective 3

**Term 2**

- KINES 217 or 311 or 341 3
- EXSC Elective 3
- General Elective 3
- General Elective 3
- CORE 10 3

**Total CHs:** 15

**Senior**

**Term 1**

- KINES 364 3
- KINES 367 3
- EXSC Elective 3
- General Elective 3
- General Elective 3

**Term 2**

- KINES 469 3
- EXSC Elective 3
- General Elective 3
- General Elective 3

**Total CHs:** 15

**Total Credits: 120**

^ if take PHYS 211 (4 CH), will need 1 additional credit to get to 120 total credits
**Approved EXSC Elective Courses** (pre-requisites may apply)

- KNES 217 Functional Anatomy for Exercise Science
- KNES 299 Resistance Training: Techniques and Principles
- KNES 311 Biomechanics
- KNES 315 Care and Prevention of Athletic Injuries
- KNES 318 Scientific Foundations of Strength Training and Conditioning
- KNES 328 Tests and Assessments of Fitness and Athletic Performance
- KNES 341 Concepts of Motor Learning
- KNES 355 Sport Psychology
- KNES 359 Psychology of Sport Injury
- KNES 361 Exercise Psychology
- KNES 363 Nutrition for Exercise and Sports
- KNES 372 Practical and Instructional Skills in Exercise Leadership
- KNES 396 Independent Study
- KNES 398 Internship in Exercise Science
- KNES 406 Exercise Prescriptions and Programming for Special Populations
- KNES 407 Advanced Principles of Strength and Conditioning
- KNES 420 Advanced Exercise Physiology
- KNES 426 Motor Development Infant to Adults
- KNES 457 Physiology of Aging
- KNES 471 Selected Topics in Exercise Science

**Notes regarding EXSC electives:**
- EXEC electives cannot be satisfied by courses counted elsewhere in the curriculum.
- No more than 9 credit units total of KNES 371, KNES 396, and KNES 398 can be taken toward the 15 units of required elective coursework.

**Pre-requisite Information for EXSC Courses**

- KNES 217 KNES 297, BIOL 221/L, EXSC major
- KNES 265 KNES 297; BIOL 221/L, MATH 115*
- KNES 297 EXSC major
- KNES 299 BIOL 221/L, EXSC major
- KNES 311 BIOL 221/L, BIOL 222/L, MATH 115*
- KNES 313 BIOL 221/L, BIOL 222/L
- KNES 318 BIOL 221/L, BIOL 222/L, EXSC major
- KNES 328 KNES 313, KNES 318, BIOL 221/L, BIOL 222/L, EXSC major
- KNES 341 PSYC 101
- KNES 355 PSYC 101
- KNES 359 PSYC 101
- KNES 361 PSYC 101
- KNES 363 BIOL 221/L, BIOL 222/L
- KNES 364 KNES 265, KNES 297, KNES 313, MATH 115*
- KNES 367 MATH 115*, EXSC major
- KNES 372 KNES 297
- KNES 398 KNES 265, KNES 313
- KNES 406 KNES 313
- KNES 407 KNES 313, KNES 318, EXSC major
- KNES 420 KNES 313
- KNES 426 BIOL 221/L, BIOL 222/L
- KNES 457 KNES 313
- KNES 469 KNES 313, KNES 367, ENGL 102 or 190, EXSC major, senior status

* MATH 119, MATH 211, or MATH 273 or a qualifying math placement test score (higher than 60 on ALEKS) can count towards MATH 115 pre-requisite.

**IMPORTANT NOTES:**

Students are expected to keep track of their completion of graduation requirements using the Academic Requirement Report available on their student account. It is recommended that students take approximately 30 credit hours per academic year (Fall, Winter, Spring, and Summer) in order to graduate within four years. Use the suggested degree plan as a guideline.

A minimum of 120 credit hours is required to graduate which may require general elective credits. Taking additional EXSC electives is strongly advised to gain other EXSC-related skill competencies and experiences. Students interested in a post-graduate program should consider grad program pre-requisites when choosing general electives. Students who are making good progress towards timely degree completion may also want to explore adding an additional major/minor.

A grade of "C" or better must be earned in all courses required for the EXSC major. If the required grade is not achieved, the course may be repeated a second time without permission. Students may not make a third attempt of a course except with prior approval. Students must complete a Petition for a Third Attempt Form before registering for the course. Third attempts are generally not approved except when extenuating circumstances have occurred. Repeated credits will inaccurately appear as counting twice until AFTER the course is completed the second time – be aware of this when considering credit totals while repeating course work.