

KINESIOLOGY – Exercise Science Degree Plan

Proposed Class Schedule for 4 years

Freshman -1st semester	Freshman- 2nd semester
English 180 (3) Lab Sciences for Gen Ed (3) Math 123 (3) Psych 100 (3) KIN 170 Introduction to Exercise Science (3) Univ 100 (1) <div style="text-align: right;">17 hours</div>	Humanities (3) NUTR 109(3) KIN 290 Anatomy & Physiology I (3) KIN elective (1) Natural Science and Math (3) Multi-Cultural (3) <div style="text-align: right;">16 hours</div>
Sophomore- 1st semester	Sophomore- 2nd semester
English 280 (3) KIN 270 Motor Behavior (3) KIN 291 Anatomy & Physiology II, (3) Electives (3) Social Science (3) <div style="text-align: right;">15 hours</div>	HE 251 (2) (optional) Fine Arts (3) KIN 359 Sport Psychology (3) KIN 392 Biomechanics (3) Electives (3) Social Sciences (3) <div style="text-align: right;">15-17 hours</div>
Junior- 1st semester	Junior- 2nd semester
Communication 241 (3) KIN 347 Strength & Cond. Principles and Methods (3) KIN 391 Physiology of Exercise (3) KIN 319 Exercise Psychology & Stress Mgt (3) Elective (3) <div style="text-align: right;">15 hours</div>	Humanities (3) KIN 300 Fitness for Older Adults & Special Populations (3) KIN 343 Cardiovascular Exercise Principles & Assessment (3) KIN 440 Exercise Stress Testing (3) Elective (3) <div style="text-align: right;">15 hours</div>
Senior- 1st semester	Senior- 2nd semester
KIN 401 Senior Seminar in Exercise Science (2) KIN 444 Exercise & Wellness Programming (3) KIN 463 Personal Training (2) KIN elective (2) Elective (3) Elective (3) <div style="text-align: right;">15 hours</div>	KIN 400 Internship (12) <div style="text-align: right;">12 hours</div>

..... = required Exercise Science courses