

# KINESIOLOGY – Exercise Science Degree Plan

## Proposed Transfer Student Schedule (assuming you have an A.S. or A.A. Degree)

<p><b>Junior- 1<sup>st</sup> semester</b></p> <p>KIN 170 Introduction to Exercise Science (3)          KIN 270, Motor Behavior (3)          KIN 290 Anatomy &amp; Physiology I (3)          KIN 391 Physiology of Exercise (3)          Electives (3)</p> <p style="text-align: right;">15 hours</p>	<p><b>Junior- 2<sup>nd</sup> semester</b></p> <p>KIN 291 Anatomy &amp; Physiology II, (3)          KIN 300 Fitness for Older Adults &amp;          Special Populations (3)          KIN 343 Cardiovascular Exercise Principles &amp;          Assessment (3)          KIN 392 Biomechanics (3)          Electives (3)</p> <p style="text-align: right;">15 hours</p>
<p><b>Senior- 1<sup>st</sup> semester</b></p> <p>KIN 319 Exercise Psychology &amp; Stress Mgt (3)          KIN 347 Strength &amp; Cond. Principles and          Methods (3)          KIN 359 Sport and Ex. Psych (3)          KIN 440 Exercise Stress Testing (3)          Electives (3)          Electives (3)</p> <p style="text-align: right;">18 hours</p>	<p><b>Senior- 2<sup>nd</sup> semester</b></p> <p>KIN 401 Senior Seminar in Exercise Science (2)          KIN 444 Exercise &amp; Wellness Programming (3)          KIN 463 Personal Training (2)          Electives (3)          Electives (3)</p> <p style="text-align: right;">13 hours</p>
<p><b>Final Semester</b></p> <p>KIN 400 Internship (12)</p> <p style="text-align: right;">12 hours</p>	

..... = required Exercise Science courses

**Proposed Electives** based upon future plans. These are only suggestions and NOT indicative of a required course list.

Wellness/Corporate	Cardiac Rehab	Personal Training	Strength & Conditioning	Graduate School
KIN 460, 464, 118, KIN/DAN 117	KIN 292, 464, HE 120, HS 250	KIN 118, 147, 247, 292, 293,464	KIN 147, 247, 292, 293, 464	courses specific to desired grad program