

**EXERCISE SCIENCE – (EXRSCI BS) (ESBS)  
PROPOSED KINS SAMPLE SEMESTER SEQUENCE**

<b><u>SEMESTER 1</u></b> (16 credits)		<b><u>SEMESTER 2</u></b> (15 or 16 credits)	
ENGL 1010 or ENGL 1011	4	BIOL 1108	4
CHEM1127Q (Also fulfills CA 3)	4	CHEM 1128Q	4
BIOL 1107 (Also fulfills CA 3)	4	MATH 1060Q or 1131Q	3 or 4
KINS 1100 Exercise and Wellness for Everyone	3	PSYC 1100	3
FYE Transition to College	1	KINS 1160 First Aid and CPR	1
 <b><u>SUMMER SESSION</u></b>			
Language Requirement <sup>b</sup>	8		
 <b><u>SEMESTER 3</u></b> (17 credits)		<b><u>SEMESTER 4</u></b> (17 credits)	
Content Area 1	3	Content Area 2	3
KINS 2227 Exercise Prescription	3	Content Area 1	3
PHYS 1201Q	4	NUSC 1165	3
PNB 2264	4	PHYS 1202Q	4
COMM 1100	3	PNB 2265	4
 <b><u>SEMESTER 5</u></b> (15 credits)		<b><u>SEMESTER 6</u></b> (15 or 16 credits)	
Content Area 4	3	STAT 1000Q or STAT 1100Q	4
CHEM 2241 or CHEM 2443 <sup>c</sup>	3	Content Area 2	3
KINS 3522 Applied Biomechanics	3	KINS 1160 Free Weight Training	1
KINS 4500 Exercise Physiology I	3	KINS 4510W Exercise Physiology II	3
Related Elective	3	MCB 2000 or MCB 3010	4 or 5
 <b><u>SEMESTER 7</u></b> (15 credits)		<b><u>SEMESTER 8</u></b> (14 or 15 credits)	
Content Area 4	3	Related Elective	3
Related Elective <sup>d</sup>	3	Related Elective	3
Related Elective	3	Related Elective	3
KINS 3320 Exercise Psychology	3	KINS 3530W Training for Performance	3
KINS 3205 Health Fitness Assessment	3	KINS 4205 Exercise is Medicine Capstone	2

<sup>a</sup> Courses in italics are new courses added to the curriculum of which there are five required and two electives.

<sup>b</sup> Required of all students not meeting the University requirement of three years of a single foreign language in high school.

<sup>c</sup> Students taking CHEM 2443 must also complete CHEM 2444 in order to enroll in MCB 2000.

<sup>d</sup> For relative electives, 9 of the credits should be taken from KINS courses.

PROPOSED KINESIOLOGY CREDITS IN NEW SEQUENCE: 27

KINS 1160	First Aid and Safety	1 credit
KINS 3320	Exercise Psychology	3 credits
KINS 4500	<u>Renamed</u> Exercise Physiology I	3 credits
KINS 4510W	<u>Renamed</u> Exercise Physiology II	3 credits
KINS 3530W	Aerobic and Resistance Training for Performance	3 credits
<i>KINS 1100</i>	<i>Health and Exercise for Everyone</i>	<i>3 credits</i>
<i>KINS 2227</i>	<i>Exercise Prescription</i>	<i>3 credits</i>
<i>KINS 3205</i>	<i>Health and Fitness Assessment</i>	<i>3 credits</i>
<i>KINS 3522</i>	<i>Applied Biomechanics</i>	<i>3 credits</i>
<i>KINS 4205</i>	<i>Exercise is Medicine Capstone</i>	<i>2 credits</i>

RELATED EXERCISE SCIENCE ELECTIVES: 21

These can be Pre-Med/Dental/PT, AT, Sports Nutrition, or additional Kinesiology courses that students can choose from a pool of approved electives and/or tracks. Examples include:

<i>KINS</i>	<i>Research Methods and Statistical Analysis for Kinesiology</i>	<i>3 credits</i>
<i>KINS</i>	<i>Motor Control</i>	<i>3 credits</i>
NUSC 2241	Nutritional Assessment (Spring only)	1 credit
NUSC 4250	Nutrition for Exercise and Sport (Fall only)	3 credits
SOC 2101	Sports and Society (Soph or higher)	3 credits
STAT 2215Q	Intro to Statistics II	3 credits
STAT 3005	Biostatistics for Health Professions (Spring only, Junior/Senior)	3 credits