

**EXERCISE SCIENCE – (EXRSCI BS) (ESBS)
KINESIOLOGY SAMPLE SEMESTER SEQUENCE
FOR STUDENTS MATRICULATING FALL 2017 OR LATER**

<u>SEMESTER 1</u> (16 credits)		<u>SEMESTER 2</u> (15 or 16 credits)	
ENGL 1010 or ENGL 1011	4	BIOL 1108	4
CHEM 1127Q (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
 <u>SUMMER SESSION</u>			
Language Requirement ^a	8		
 <u>SEMESTER 3</u> (17 credits)		<u>SEMESTER 4</u> (17 credits)	
Content Area 1	3	Content Area 2	3
KINS 2227 Exercise Prescription	3	Content Area 4	3
PHYS 1201Q	4	PHYS 1202Q	4
PNB 2264	4	PNB 2265	4
COMM 1100	3	NUSC 1165	3
 <u>SEMESTER 5</u> (15 credits)		<u>SEMESTER 6</u> (15 or 16 credits)	
KINS 3522 Applied Biomechanics	3	STAT 1000Q or STAT 1100Q	4
CHEM 2241 or CHEM 2443 ^b	3	Content Area 2	3
Content Area 1	3	KINS 1160 Free Weight Training	1
KINS 4500 Exercise Physiology I	3	KINS 4510W Exercise Physiology II	3
Related Elective ^c	3	MCB 2000 or MCB 3010	4 or 5
 <u>SEMESTER 7</u> (15 credits)		<u>SEMESTER 8</u> (14 or 15 credits)	
Content Area 4	3	Related Elective	3
Related Elective	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

Kinesiology Program Guidelines

A. Kinesiology Requirements

KINS 1100	Exercise and Wellness for Everyone	3 credits
UNIV 1810	FYE, Transition to College	1 credit
KINS 1160	First Aid and Safety	1 credit
KINS 1160	Free Weight Training	1 credit
KINS 2227	Exercise Prescription	3 credits
KINS 3205	Health and Fitness Assessment	3 credits
KINS 3522	Applied Biomechanics	3 credits
KINS 3530W	Training for Performance	3 credits
KINS 3320	Exercise Psychology	3 credits
KINS 4500	Exercise Physiology I	3 credits
KINS 4510W	Exercise Physiology II	3 credits
KINS 2227	Exercise Prescription	3 credits
KINS 4205	Exercise is Medicine Capstone	2 credits

B. Related Requirements

BIOL 1107/1108	Principles of Biology I & II	8 credits
CHEM 1127Q/1128Q	General Chemistry I & II	8 credits
CHEM 2241 or 2243	Organic Chemistry	3 credits
COMM 1100	Principles of Public Speaking	3 credits
MATH 1060Q or 1131Q	Precalculus or Calculus I	3-4 credits
MCB 2000 or 3010	Intro to Biochemistry/Biochemistry	4-5 credits
NUSC 1165	Fundamentals of Nutrition	3 credits
PHYS 1201Q/1202Q	General Physics I & II	8 credits
PNB 2264/2265	Anatomy & Physiology I & II	8 credits
PSYCH 1100	General Psychology I	3 credits
STAT 1000Q or 1100Q	Intro to Statistics I/ Elementary Concepts of Stats	4 credits

C. Related Electives (A minimum of 12 credits needed)

KINS 3201	Research Methods and Statistical Analysis for Kinesiology	3 credits
KINS 3523	Motor Control	3 credits
NUSC 2241	Nutritional Assessment (spring only)	1 credit
NUSC 4250	Nutrition for Exercise and Sport (fall only)	3 credits
SOC 2101	Sports and Society (sophomore or higher)	3 credits
STAT 2215Q	Intro to Statistics II	3 credits
STAT 3005	Biostatistics for Health Professions (spring only, Junior/Senior)	3 credits
CHEM 2244	Organic Chemistry I	3 credits
CHEM 2245	Organic Chemistry II	3 credits
MCB 2210	Cell Biology	3 credits
MCB 2410	Genetics	3 credits
MCB 2610	Fundamentals of Microbiology	4 credits
MCB 3011	Human Metabolism & Disease	2 credits
MCB 3201	Gene Expression	3 credits
MCB 3219	Developmental & Regenerative Biology	3 credits
MCB 4211	Basic Immunology	3 credits
PVS 4300	Principles of Pathobiology	3 credits
PNB 2250	Animal Physiology	3 credits
PNB 3251	Biology of the Brain	3 credits
PNB 3262	Mammalian Endocrinology	2 credits
PSYC 2200	Physiological Psychology	3 credits
PSYC 3601	Human Factors of Design	3 credits

D. General Education Requirements

- Content Area 1, Arts & Humanities: 6 credits
- Content Area 2, Social Sciences: 6 credits
- Content Area 3, Science & Technology: 6-7 credits
- Content Area 4, Diversity & Multiculturalism: 6 credits

^a Required of all students not meeting the University requirement of three years of a single foreign language in high school.

^b Students taking CHEM 2443 must also complete CHEM 2444 in order to enroll in MCB 2000.

^c For relative electives, 9 of the credits should be taken from KINS courses.