

**Department of Kinesiology  
Suggested Course of Study**

**Exercise Science Major**

**When taken or  
plan to take**

Suggested Schedule	Freshman Year/Pre Kinesiology	Milestones
<b>1st Semester (16 Hours)</b>	<b>Course Title</b>	<b>1st Semester</b>
CHEM 1200(3)	Fundamentals of Chemistry	Complete CHEM 1200 (> D)
CHHS QEP (1) not required at this time	University to College Focus	Complete MATH 1100 (> D)
ENGL 1101 (3)	English Composition	
LBST 1100 Series (3)	Arts and Society	
<b>MATH 1100 (3)</b>	<b>College Algebra*</b>	
Social Sciences Requirement (3)	ANTH 1101,GEOG 1105, ECON 1101 or 2101, POLS 1110,/SOCY 1101	

2nd Semester (13 Hours)	Course Title	2nd Semester
<b>KNES 2150 (3)</b>	<b>Introduction to Kinesiology*</b>	Complete KNES 2150 (> D)
LBST 2101 (3)	Western Cultural and Historical Awareness	
<b>CHEM 1251(3)</b>	<b>General Chemistry I *</b>	Complete CHEM 1251 (> D)
<b>CHEM 1251L(1)</b>	<b>General Chemistry Lab I*</b>	
ENGL 1102 (3)	Writing in the Academic Community	

**Sophomore Year/Pre-Kinesiology**

3rd Semester (16 Hours)	Course Title	3rd Semester
<b>KNES 2168 (3)</b>	<b>Human Anatomy and Physiology*</b>	Complete KNES 2168 (> D)
<b>KNES 2168L (1)</b>	<b>Human Anatomy and Physiology Lab*</b>	Complete STAT 1222 (> D)
LBST 2200 Series(3)	ETHICAL ISSUES AND CULTURAL CRITIQUE	Complete KNES 2294 (> D)
LBST 2102 (3)	Global and Intercultural Connections	GPA 2.5 or higher
<b>KNES 2294 (3)</b>	<b>Care and Prevention of Athletic Injuries*</b>	At least 36 earned hours
<b>STAT 1222 (3)</b>	<b>Introduction to Statistics*</b>	

**Sophomore Year/Exercise Science**

4th Semester (16 Hours)	Course Title	4th Semester
KNES XXXX(1-3)	Activity Course*	Complete KNES 2169 (> D)
<b>KNES 2298 (3)</b>	<b>Applied Kinesiology*</b>	Complete KNES 2290 (> D)
<b>KNES 2290 (3)</b>	<b>Emergency Medical Response*</b>	Complete KNES 2298 (> D)
KNES 2101(2)	Foundations of Physical Conditioning*	
<b>KNES 2169 (3)</b>	<b>Human Anatomy and Physiology II*</b>	
<b>KNES 2169L (1)</b>	<b>Human Anatomy and Physiology Lab II*</b>	

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		<b>Junior Year/Exercise Science</b>	
<b>5th Semester (16-18 Hours)</b>		<b>Course Title</b>	<b>5th Semester</b>
	KNES 3100 (3)	<b>Organization &amp; Administration of Exercise Science*</b>	Complete KNES 3280 (> D)
	KNES 3260 (3)	<b>Nutrition for the Physically Active*</b>	Complete KNES 3260 (> D)
	KNES 3280 (3)	<b>Exercise Physiology: Foundation and Theory*</b>	
	KNES 3281 (3) (W)	<b>Exercise Physiology: Principles and Application*</b>	
	Electives (3)		
	<b>Activity Course* or Concentration Course* or Pre-Professional Health Program</b>		

<b>6 th Semester (13 -18 Hours)</b>		<b>Course Title</b>	<b>6 th Semester</b>
	KNES 3285 (3)	<b>Principles of Strength and Conditioning*</b>	Complete KNES 3286 (> D)
	KNES 3286 (3)	<b>Exercise Testing : Foundation and Theory*</b>	GPA 2.25 or higher
	KNES 3287 (3) (W) (O)	<b>Exercise Testing: Principles and Application*</b>	
	Electives (3 to 6)		
	<b>Activity Course* or Concentration Course* or Pre-Professional Health Program</b>		

		<b>Senior Year/Exercise Science</b>	
<b>7th Semester (16 - 18 Hours)</b>		<b>Course Title</b>	<b>7th Semester</b>
	KNES 4121 (3)	<b>Pharmacology for the Physically Active*</b>	Complete KNES 4121 (> D)
	KNES 4286 (3)	<b>Exercise Prescription*</b>	Complete KNES 4286 (> D)
	KNES 4293 (3)	<b>Biomechanics*</b>	CAPP Review with Advisor
	KNES 4660 (3)	<b>Practitioner Seminar*</b>	
	Electives (3 )		
	<b>Activity Course* or Concentration Course* or Pre-Professional Health Program</b>		

<b>8th Semester (12 Hours)</b>		<b>Course Title</b>	<b>8th Semester</b>
	KNES 4132 (3)	<b>Lifetime Weight Management and Behavior Change *</b> Online course	Apply for Graduation
	KNES 4490 (9)	<b>Exercise Science Internship*</b>	GPA 2.00 or higher

**List the three activity courses you plan on taking**

**When taken or plan to take**

Activity Course	<input type="text"/>	<input type="text"/>
Activity Course	<input type="text"/>	<input type="text"/>
Activity Course	<input type="text"/>	<input type="text"/>

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