

Exercise Science Checksheet

Freshman Year/Pre Kinesiology				
1st Semester (14-16 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 2168*	3	Anatomy & Physiology for the Health Professions *	Fall, Summer	PKNS major
KNES 2168L*	1	Anatomy & Physiology for the Health Professions Lab *	Fall, Summer	co-requisite KNES 2168
MATH 1100*	3	College Algebra*	All, Evenings	Math Placement Test
HAHS 1000	1 or 3	Prospect for Success in Health & Human Services	Fall	First Semester Freshmen
LBST 1100 Series	3	Arts and Society	All	
Elective	3			
Sophomore Year/Pre-Kinesiology				
2nd Semester (16-17 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 2150*	3	Introduction to Kinesiology*	All	PKNS Major
CHEM 1200*	3	Fundamentals of Chemistry *	All	
KNES 2169*	3	Anatomy & Physiology for the Health Professions II *	Spring, Summer	Pre-requisite KNES 2168 and lab
KNES 2169L*	1	Anatomy & Physiology for the Health Professions II *	Spring, Summer	Corequisite KNES 2168
UWRT	3 or 4	Writing and Inquiry Academic Context	All, Evenings	Based on University placement
Elective	3			
3rd Semester (16 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
CHEM 1251*	3	General Chemistry I *	All	CHEM 1200
CHEM 1251L*	1	General Chemistry Lab *	All	Pre/Corequisite: CHEM 1251L
LBST 2101	3	Western Tradition	All	Note: You must also take LBST 2102
STAT 1222*	3	Introduction to Statistics*	All, Evenings	MATH1100/placement (KNES accepts STAT 1220/1221)
Social Sciences Reqs	3	See General Education requirements	All, Evenings	
LBST 2301	3	Critical Thinking		

Bolded and starred* courses are required to be a part of the 36 hours to be accepted into the EXER major.

Refer to the EXER Student Handbook for detailed program information.

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Sophomore Year/Exercise Science				
4th Semester (16 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 2101* (O)	3	Foundations of Physical Conditioning	All	EXER Major
KNES 2290*	3	Emergency Medical Response	All	EXER Major
LBST 2200 series	3	LBST 2214 Issues of Health and Quality of Life	Fall, Spring	LBST 2214 is highly recommended*
LBST 2102	3	Global and Intercultural Connections	All	Note: You must also take LBST 2101
KNES 2298*	3	Applied Kinesiology	Spring, Summer	KNES 2168/L or BIOL 2273/L C or higher
Activity Course*	1	KNES 1000 level courses	All	EXER Major
Junior Year/Exercise Science				
5th Semester (16 hrs)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 2294*	3	Care and Prevention of Athletic Injuries	Fall, Summer	PKNS or EXER Major
KNES 3260*	3	Nutrition for the Physically Active	Fall	EXER Major
KNES 3280*	3	Exercise Physiology: Foundation and Theory	Fall, Summer	KNES 2169 or BIOL 2274 Co-req to KNES 3281
KNES 3281* (W)	3	Exercise Physiology: Principles and Application	Fall, Summer	Co-req to KNES 3280
Activity Course*	1	KNES 1000 level courses	All	EXER major
Elective	3		All	
6 th Semester (16 hrs)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 3285*	3	Principles of Strength and Conditioning	Spring	KNES 3280
KNES 3286*	3	Exercise Testing : Foundation and Theory	Spring, Summer	KNES 3280/3281
KNES 3287* (W)	3	Exercise Testing: Principles and Application	Spring, Summer	KNES 3280/3281
KNES 4293*	3	Biomechanics	Spring, Summer	KNES 2298/3280
Activity Course*	1	KNES 1000 level courses	All	EXER major
Elective	3		All	
Senior Year/Exercise Science				
7th Semester (15 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 4121*	3	Pharmacology for the Physically Active	Fall, Summer	KNES 3280
KNES 4286*	3	Exercise Prescription	Fall, Summer	KNES 3286 and KNES 3287
KNES 4660*	3	Practitioner Seminar	Fall	KNES 3286 and KNES 3287
KNES 3100*	3	Organization & Administration of Exercise Science	Fall	EXER Major
Elective	3		All	
8th Semester (12 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
KNES 4132*	3	Lifetime Weight Management and Behavior Change	Spring	KNES 3260 and KNES 4286
KNES 4490*	9	Exercise Science Internship	All	Complete all major courses (except co-req KNES 4132)

NOTES: All EXER majors must complete 3 of the approved activity courses before taking KNES 4490

Minimum total of 120 credit hours require to graduate from UNC Charlotte.

All Prerequisites must be successfully completed before taking a course. Minimum grade of C is required.

Courses(*) required by the major must receive a grade of C or better to be accepted.

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