

Health & PE/Kinesiology Gr K-12 Exercise Science Fitness Studies Concentration

Code: BS_EDKN EDFS

Bachelor of Science

Freshman Year							
ENGL	101	Intro. to Academic Writing	3	BIOL	110	Fundamentals of Biology I	3
HLTH	100	First Aid	1	BIOL	112	Fundamentals of Biology I Lab	1
KNES	101	Introduction to Kinesiology	3	CHEM	107	General Chemistry I	3
MATH	105/109	College or Pre-Calc. Algebra	3	ENGL	102	Writing/Research About Culture	3
PSYC	110	Introduction to Psychology	3	HLTH	101	CPR & Basic Life Support	1
UNIV	100	First Year Seminar	3	KNES	110	Concepts of Fitness/Wellness	3
			16				14
Sophomore Year							
BIOL	216	Applied A & P for KNES	3	CMCN	310	Public Speaking	3
BIOL	217	Applied A & P for KNES Lab	1	HIST		Elective ²	3
CMCN	170	Media in the 21st Century	3	KNES	205	Technology in Health & KNES	3
ENGL		Literature Elective ¹	3	KNES	280	Rest. Trn. & Cond. Techniques	3
HLTH	312	Wellness	3	STAT	214	Elementary Statistics	3
MATH	210	Practical Mathematics	3				15
			16				
Junior Year							
DIET	200	Basic Human Nutrition	3	KNES	303	Physiology of Exercise	3
KNES	230	Prevention/Treatment of Athl. Injuries	3	KNES	304	Physiology of Exercise Lab	1
KNES	305	Motor Development & Control	3	KNES	360	Theory of Athletic Coaching	3
KNES	310	Anatomical Kinesiology	3	KNES	400	Measure & Eval. in KNES	4
PHYS	207	Introduction to Physics I	3	PSYC	313	Life-span Developmental Psyc.	3
			15				3
							17
Senior Year							
KNES	415	Biomechanics	3	HLTH	405	Nutrition for Fitness/Sports	3
KNES	443	Exercise & Sport Psychology	3	KNES	420	Legal Liability in Sports	3
KNES	450	Exercise Testing & Prescription	3	KNES	499	Internship in Kinesiology	3
KNES	455	Prescription of Resist. Training	3	ARTS		Elective ³	3
KNES	493/494	Teaching Lifetime Sports I/II	3				12
			15				

Total Credits: 120¹ Select an English "Literature" course from ENGL 201, 202, 205, 206, 210, 211 or 212² Select a "History" course from HIST 101, 102, 221 or 222³ Select a 3-credit approved BoR General Education "Fine Arts" course from DANC, MUS, THEA, VIAR⁴ Select a 3xx/4xx advisor approved elective (requires a grade of "C" or better).**NOTES:** Students must earn a "C" or better in all major courses.

Students must maintain at least a 2.0 overall Cumulative GPA to remain in this concentration and to graduate.