

2018-2019

## Kinesiology Exercise Science Fitness Studies Concentration

Code: BS\_EDKS 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
Elective <sup>1</sup>		Fine Arts	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
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Sophomore Year							
CMCN	170	Media in the 21st Century	3	CMCN	310	Public Speaking	3
ENGL		English Literature	3	HIST		History (Except HIST 490)	3
HLTH	312	Wellness	3	KNES	205	Technology in Health & KNES	3
MATH	210	Practical Mathematics	3	KNES	380	Rest. Trn. & Cond. Techniques	3
BIOL	216	Applied A & P for Kinesiology	3	STAT	214	Elementary Statistics	3
or BIOL	220	Survey of Human A & P					
BIOL	217	Applied A & P Lab for Kinesiology	1				
or BIOL	221	Survey of Human A & P Lab					
			<hr style="width: 50%; margin: 0 auto;"/> 16				
Junior Year							
Elective <sup>2</sup>		3xx/4xx level HLTH, KNES, or RCEA	3	KNES	303	Physiology of Exercise	3
KNES	230	Prevention/Treatment of Athl. Injuries	3	KNES	304	Physiology of Exercise Lab	1
KNES	310	Anatomical Kinesiology	3	KNES	360	Theory of Athletic Coaching	3
PHYS	207	Introduction to Physics I	3	KNES	400	Measure & Eval. In KNES	4
KNES	305	Motor Behavior and Control	3	PSYC	255	Life-span Developmental Psyc.	3
or KNES	306	Introduction to PE for Ind. with Dis.		Elective <sup>3</sup>		3xx/4xx level Advisor Approved	3
			<hr style="width: 50%; margin: 0 auto;"/> 15				
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	Elective <sup>2</sup>		3xx/4xx level HLTH, KNES, or	3
KNES	493/494	Teaching Lifetime Sports I/II	3			RCEA	12
			<hr style="width: 50%; margin: 0 auto;"/> 15				

**Total Credits: 120**

<sup>1</sup> **Fine Arts**- Choose from: DANC 101, 102, 113, 114; DSGN 121; MUS 104, 105, 106, 108, 109, 321, 322, 323, 324, 325, 326, 360, 364; THEA 161, 261; VIAR 120, 121, 122

<sup>2</sup> Select an advisor approved 3xx/4xx level course in KNES, HLTH, or RCEA.

<sup>3</sup> Select an advisor approved 3xx/4xx level course.

**NOTE:** Students must maintain at least a 2.0 overall cumulative GPA to remain in this concentration and to graduate.