

## 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
		16			14
Sophomore Year					
CMCN 170	Media in the 21st Century	3	CMCN 310	Public Speaking	3
ENGL	English Literature	3	or CMCN 100	Principles of Human Cmcn.	
HLTH 312	Wellness	3	HIST	History (Except HIST 490)	3
MATH 210	Practical Mathematics	3	KNES 205	Technology in Health & KNES	3
BIOL 216	Applied A & P for Kinesiology	3	KNES 380	Rest. Trn. & Cond. Techniques	3
or BIOL 220	Survey of Human A & P		STAT 214	Elementary Statistics	3
BIOL 217	Applied A & P Lab for Kinesiology	1			15
or BIOL 221	Survey of Human A & P Lab				
		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
or PHYS 213	Conceptual Physics		PSYC 255	Life-span Developmental Psyc.	3
KNES 305	Motor Behavior and Control	3	Elective <sup>3</sup>	3xx/4xx level Advisor Approved	3
or KNES 306	Introduction to PE for Ind. with Dis.				17
		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
		15			

**Total Credits: 120**

<sup>1</sup> **Fine Arts**- Choose from: DANC 101, 102, 113, 114; DSGN 121; MUS 104, 105, 106, 108, 109, 306, 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.