

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
Fine Arts ¹		3	BIOL 112	Fundamentals of Biology I Lab	1
MATH 105/109	College or Pre-Calc. Algebra	3	Natural Science ⁴	Chemistry (CHEM)	3
PSYC 110	Introduction to Psychology	3	ENGL 102	Writing/Research About Culture	3
UNIV 100	First Year Seminar	3	HIST	Any History (Except HIST 490)	3
		<u>15</u>	KNES 110	Concepts of Fitness/Wellness	<u>3</u>
					16

Sophomore Year					
Elective ²		3	CMCN 100	Principles of Human Cmcn.	3
ENGL	Any English Literature	3	<u>or</u> CMCN 310	Public Speaking	
HLTH 312	Wellness	3	PSYC 255	Life-span Developmental Psyc.	3
MATH 210	Practical Mathematics	3	KNES 205	Technology in Health & KNES	3
BIOL 216	Applied A & P for Kinesiology	3	<u>or</u> INFX 205	Info. Tech. & Data Applications	
<u>or</u> BIOL 220	Survey of Human A & P		KNES 380	Rest. Trn. & Cond. Techniques	3
BIOL 217	Applied A & P Lab for Kinesiology	1	STAT 214	Elementary Statistics	<u>3</u>
<u>or</u> BIOL 221	Survey of Human A & P Lab				15
		<u>16</u>			

Junior Year					
Elective ²		3	KNES 303	Physiology of Exercise	3
KNES 330	Prevention/Treatment of Athl. Injuries	3	KNES 304	Physiology of Exercise Lab	1
KNES 310	Anatomical Kinesiology	3	Elective ²		3
PHYS 207	Introduction to Physics I	3	KNES 400	Measure & Eval. In KNES	4
<u>or</u> PHYS 213	Conceptual Physics		Elective ³	300-400 level	<u>3</u>
KNES 305	Motor Behavior and Control	3			14
<u>or</u> KNES 306	Introduction to PE for Ind. with Dis.				
		<u>15</u>			

Senior Year					
KNES 415	Biomechanics	3	HLTH 405	Nutrition for Fitness/Sports	3
KNES 443	Exercise & Sport Psychology	3	KNES 316	Legal Issues in Hlth. Care	3
KNES 450	Exercise Testing & Prescription	3	KNES 499	Internship in Kinesiology	5
KNES 455	Prescription of Resist. Training	3	Elective ³	300-400 level	<u>3</u>
Elective ³	300-400 level	3			14
		<u>15</u>			

Total Credits: 120

¹ **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

² **Elective-** Choose a course in consultation with an academic advisor. **NOTE:** Excludes KNEA courses.

³ **Elective-** Choose a 300-400 level course in consultation with an academic advisor.

⁴ **Natural Science-** Choose a General Education Core Natural Science course in Chemistry (CHEM).

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