

Exercise Science Major Requirements		
Course #	Course Title	Credits
EXSC Core Courses (39 CH)		
KNES 265	Fundamentals in Health and Physical Fitness Assessment	3
KNES 297	Foundations of Exercise Science	3
KNES 313	Physiology of Exercise	4
KNES 355 or KNES 361	Psychology of Sport Exercise Psychology	3
KNES 364	Clinical Exercise Assessment and Prescription	3
KNES 367	Quantitative Research Methods	3
KNES 469	Research Methods in Exercise Science	3
KNES 217 or KNES 311 or KNES 341	Functional Anatomy for Exercise Science Biomechanics Concepts of Motor Learning	3
EXSC Elective Courses (must be from defined list on back of page)		15
Additional Required Courses (27/26 CH)		
BIOL 191/L	Introduction to Biology for Health Professions (CORE 7)	4
BIOL 221/L	Anatomy & Physiology I Lecture and Lab	4
BIOL 222/L	Anatomy & Physiology II Lecture and Lab	4
CHEM 121/L or CHEM 131/L*	Chemistry for Allied Health Professionals (CORE 8) General Chemistry I (CORE 8)	4
HLTH 101	Wellness for a Diverse Society (CORE 11)	3
PHYS 211	General Physics I	4
PSYC 101	Introduction to Psychology (CORE 6)	3
Total Credit Hours Earned		66

* Students interested in a post-graduate program should elect to take General Chemistry I (CHEM 131/L) as this course often is a pre-requisite required by most post-graduate programs.

Some EXSC core courses require a college-level algebra course. Options include MATH 115, MATH 119, MATH 211, or MATH 273 (suggested to select one of these for fulfilling the CORE 3 requirement). A qualifying math placement test score (score higher than 60 on ALEKS) may replace the college-level algebra course prerequisite.

SAMPLE DEGREE PLAN

Freshman

Term 1	CH	Term 2	CH
BIOL 191/L	4	HLTH 101	3
PSYC 101	3	KNES 297	3
CORE 1 (or CORE 2)	3	BIOL 221/L	3
CORE 4	3	CORE 2 (or CORE 1)	3
MATH 115 (suggested CORE 3)	3	CORE 5	4
	16		16

Sophomore

Term 1	CH	Term 2	CH
BIOL 222/L	4	CHEM 121/L or CHEM 131/L	4
KNES 265	3	KNES 355 or 361	3
CORE 12	3	General Elective	3
CORE 13	3	CORE 14	3
General Elective	3	General Elective	1
	16		14

Junior

Term 1	CH	Term 2	CH
KNES 313	4	KNES 217 or 311 or 341	3
EXSC Elective	3	EXSC Elective	3
PHYS 211^	4	General Elective	3
General Elective	3	General Elective	3
		CORE 10	3
	14		15

Senior

Term 1	CH	Term 2	CH
KNES 364	3	KNES 469	3
KNES 367	3	EXSC Elective	3
EXSC Elective	3	EXSC Elective	3
General Elective	3	General Elective	3
General Elective	3	General Elective	3
	15		15

Total Credits: 120

Approved EXSC Elective Courses (pre-requisites may apply)

KNES 217	Functional Anatomy for Exercise Science
KNES 299	Resistance Training: Techniques and Principles
KNES 311	Biomechanics
KNES 315	Care and Prevention of Athletic Injuries
KNES 318	Scientific Foundations of Strength Training and Conditioning
KNES 328	Tests and Assessments of Fitness and Athletic Performance
KNES 341	Concepts of Motor Learning
KNES 355	Sport Psychology
KNES 359	Psychology of Sport Injury
KNES 361	Exercise Psychology
KNES 363	Nutrition for Exercise and Sports
KNES 371	Field Experience in Exercise Science
KNES 396	Independent Study
KNES 398	Internship in Exercise Science
KNES 406	Exercise Prescriptions and Programming for Special Populations
KNES 407	Advanced Principles of Strength and Conditioning
KNES 410	Cardiovascular Physiology, Disease Prevention and Rehabilitation
KNES 420	Advanced Exercise Physiology
KNES 426	Motor Development Infant to Adults
KNES 457	Physiology of Aging
KNES 471	Selected Topics in Exercise Science

Notes regarding EXSC electives:

- EXSC electives cannot be satisfied by courses counted elsewhere in the curriculum.
- No more than 9 credit units total of KNES 371, KNES 396, and KNES 398 can be taken toward the 15 units of required elective coursework.

Pre-requisite Information for EXSC Courses

KNES 217	KNES 297, BIOL 221/L, EXSC major
KNES 265	KNES 297; BIOL 221/L, MATH 115*
KNES 297	EXSC major
KNES 299	BIOL 221/L, EXSC major
KNES 311	BIOL 221/L, BIOL 222/L, MATH 115*
KNES 313	BIOL 221/L, BIOL 222/L, CHEM 121/L or 131/L
KNES 315	KNES 217
KNES 318	BIOL 221/L, BIOL 222/L, EXSC major
KNES 328	KNES 313, KNES 318, BIOL 221/L, BIOL 222/L, EXSC major
KNES 341	PSYC 101
KNES 355	PSYC 101
KNES 359	PSYC 101
KNES 361	PSYC 101
KNES 363	BIOL 221/L, BIOL 222/L
KNES 364	KNES 265, KNES 297, KNES 313, MATH 115*
KNES 367	MATH 115*, EXSC major
KNES 371	Department consent
KNES 396	Department consent
KNES 398	KNES 265, KNES 313
KNES 406	KNES 313
KNES 407	KNES 313, KNES 318, EXSC major
KNES 410	KNES 313
KNES 420	KNES 313
KNES 426	BIOL 221/L, BIOL 222/L
KNES 457	KNES 313
KNES 469	KNES 313, KNES 367, ENGL 102 or 190, EXSC major, senior status

* MATH 119, MATH 211, or MATH 273 or a qualifying math placement test score (higher than 60 on ALEKS) can count towards MATH 115 pre-requisite.

IMPORTANT NOTES:

Students are expected to keep track of their completion of graduation requirements using the Academic Requirement Report available on their student account. It is recommended that students take approximately 30 credit hours per academic year (Fall, Winter, Spring, and Summer) in order to graduate within four years. Use the suggested degree plan as a guideline.

A minimum of 120 credit hours is required to graduate which may require general elective credits. Taking additional EXSC electives is strongly advised to gain other EXSC-related skill competencies and experiences. Students interested in a post-graduate program should consider grad program pre-requisites when choosing general electives. Students who are making good progress towards timely degree completion may also want to explore adding an additional major/minor.

A grade of "C" or better must be earned in all courses required for the EXSC major. If the required grade is not achieved, the course may be repeated a second time without permission. Students may not make a third attempt of a course except with prior approval. Students must complete a Petition for a Third Attempt Form before registering for the course. Third attempts are generally not approved except when extenuating circumstances have occurred. Repeated credits will inaccurately appear as counting twice until AFTER the course is completed the second time – be aware of this when considering credit totals while repeating course work.