



Department of Kinesiology

Bachelor of Science in Kinesiology

Kinesiology Major

Concentration in Exercise Science

Kinesiology Program Core Requirements (12 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS 201	Introduction to Kinesiology I	4	F/SP	
KINS 202	Introduction to Kinesiology II	4	SP	
KINS 495	Internship	4	F/SP	

B.S. Kinesiology Program Core Requirements (20 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
BIO 205	Human Anatomy and Physiology I	4	F	
BIO 206	Human Anatomy and Physiology II	4	SP	
STAT 231 or STAT 232	Introductory Statistics Introductory Statistics for Psychology Majors	4	F/SP	
KINS 380	Exercise Physiology	4	F/SP	
KINS 478	Motor Learning and Human Performance	4	F/SP	

Concentration in Exercise Science (24 semester hours)

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
Two Courses From:				
KINS 383	Exercise Testing and Prescription	4	J or SP	
KINS 483	Clinical Management for Special Populations	4	SP	
KINS 486	Applied Biomechanics and Kinesiology	4	F/SP	
KINS 487	Special Topics in Kinesiology	4		
Two Courses From:				
KINS 366	Health Psychology	4	F	
KINS 386	Social Psychology of Sport and Physical Activity	4	F/SP	
KINS 390	Applied Exercise and Sport Psychology	4	SP	
KINS 488	Special Topics in Kinesiology	4		
KINS Elective	8 semester hours in KINS 300-400 level courses	8		



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The Exercise Science concentration is ideal for students who have a clinical focus and and/or an interest in continuing their education at the graduate level. Students will develop foundational skills in the scientific method and quantitative reasoning, and will learn about both the biophysical and psychosocial aspects of kinesiology.

Students selecting Exercise Science often pursue careers such as (but not limited to):

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|-----------------------------------|---------------------|
| Athletic Trainer | Physician Assistant |
| Cardiac Rehabilitation Specialist | Prosthetist |
| Chiropractor | |
| Exercise Physiologist | |
| Occupational Therapist | |

Concentration in Exercise Science

****Four Year Plan**

Year	Fall	J-Term	Spring
1			
2			
3			
4			

