

Exercise Science B.S.
Fitness Performance Concentration
2020-2022 Catalog

The recommended four-year plan is designed to provide a blueprint for students to complete their degrees within four years. These plans are the recommended sequences of courses. Students will work with their Academic Advisor to develop a more individualized plan to complete their degree.

The GC Journeys Program will transform your way of thinking and experiencing college. By participating in five inside and outside the classroom transformative experiences during your time at Georgia College, you will step outside of your usual surroundings, gain authentic experiences, solve problems, become a leader, participate in real-world settings and put ideas into action. Examples of ways to incorporate your GC Journeys options are shared in the plan below.

This recommended Four-Year Plan is applicable to students admitted during the 2020-2021 and 2021-2022 academic year.

Total Credits Required: 120 credits

Required GPA for Graduation: 2.0 institutional GPA (All major courses require a C or better)

Legend is available on the last page of this document.

Year 1											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads			
ENGL 1101	English Composition I	3	A	ENGL 1102	English Composition II	3	A	Notes			
Area A Math	Area A2 MATH Selection	3	A	MATH 1401	Elementary Statistics	3	D				
Area D	CHEM 1151K	4	D	Area D	Area D Science	4	D	GC Journeys: First-Year Experience events, programs, and activities will be planned throughout the first year to help you become familiar with GC and develop skills to thrive in the liberal arts environment.			
GC1Y 1000	Critical Thinking	3	B	Area C1	Humanities and Ethics	3	C				
KINS 0001	First Year Academic Seminar	1		Area E	Social Sciences Select - 1st of 3	3	E	GC Journeys: Career Milestones for year one will be completed in First-Year seminar.			
Total		14		Total		16					

ENGL 1101, ENGL 1102 and Area A MATH must be completed by 30 overall hours earned.

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Year 2											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads			
HSCS 2813	Anatomy of Human Movement	4	F	HSCS 2823	Physiology of Human Movement	4	F	Notes GC Journeys: Many Core courses can be taken through Summer Study Abroad programs. The School of Health & Human Performance offers a study abroad to Belize. Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members.			
KINS 2331	Medical Terminology	1	F	KINS 2200	Intro to Exercise Biochemistry	3	F				
KINS 2210	Methods of Corrective Movement	3	F	KINS 2323	Nutrition	3	F				
Area E	Social Sciences Select - 2nd of 3	3	E	Area C2	Fine Arts	3	C				
GC2Y 2000	Global Perspectives	4	B	Area E	Social Sciences Select - 3rd of 3	3	E				
Total		15		Total		16					
GC2Y 2000 should be completed in the second year.											
Year 3											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	KINS 3205- Personal Training *Only offered in summer			
KINS 3103	Structural Kinesiology	3	Major	KINS 4203	Exercise Prescription	3	Major	Notes GC Journeys: Elective courses can be used to participate in Georgia College's Leadership program or can be taken abroad. Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members. In Practicum I students will be required to meet with the Career Center.			
KINS 3203	Physiology of Exercise	3	Major	KINS 3243	Exercise Leadership	2	Major				
KINS 3262	Exercise Testing	3	Major	KINS 3233	Methods of Res. Training	2	Major				
KINS 3212	Practicum I	2	Major	KINS 3223	Biomechanics	3	Major				
	Elective- <i>any level</i>	3		KINS 3200	Exercise & Sports Nutrition	3	Major				
					Elective- <i>any level</i>	3					
Total		14		Total		16					
Meet with Clinical Coordinator for SHHP to determine internship before fall semester of senior year											

Year 4									
Fall				Spring				Summer	
Course	Title	Hours	Area	Course	Title	Hours	Area		
KINS 4213	Essentials of Strength & Conditioning	3	Major	KINS 4206	Internship	12	Major	Notes GC Journeys: Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members. Internships are required and completed the last semester of your senior year for class credit.	
KINS 4813	Research Methods & Statistics	3	Major						
KINS 4222	Practicum II	2	Major						
	Elective- <i>any level</i>	3							
	Elective- <i>any level</i>	3							
Total		14		Total		12			

Legend	
Area	This section of the plan references the area of the curriculum the course fulfills.
	A=Core Area A: Communication and Quantitative Skills
	B=Core Area B: Institutional Options
	C=Core Area C: Humanities and Fine Arts
	D=Core Area D: Science, Technology, and Math
	E=Core Area E: Social Sciences
	F=Core Area F: Major Directed Core
	Major=Major Required Course
	Elective=a course a student chooses to help meet overall graduation hours.