**School of Health & Human Performance**

**BS Exercise Science - Concentrations**

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| **Fitness and Performance** | **Sports Medicine** | **Pre-Professional** |
| **Area F courses (18 hours)** | **Area F courses (18 hours)** | **Area F courses (18 hours)** |
| HSCS 2813 Anatomy of Human Movement (4) or BIOL 2160 Anatomy & Physiology I (4) | HSCS 2813 Anatomy of Human Movement (4) or BIOL 2160 Anatomy & Physiology I (4) | BIOL 2160 Human Anatomy & Physiology I (4) |
| HSCS 2823 Physiology of Human Movement (4) or BIOL 2170 Anatomy & Physiology II (4) | HSCS 2823 Physiology of Human Movement (4) or BIOL 2170 Anatomy & Physiology II (4) | BIOL 2170 Human Anatomy & Physiology II (4) |
| KINS 2331 Medical Terminology (1) | KINS 2331 Medical Terminology (1) | KINS 2331 Medical Terminology (1) |
| KINS 2323 Nutrition (3) | KINS 2323 Nutrition (3) | KINS 2323 Nutrition (3) |
| KINS 2200 Intro. to Exercise Biochemistry (3) | KINS 2200 Intro. to Exercise Biochemistry (3) | KINS 2200 Intro. to Exercise Biochemistry (3) |
| KINS 2303 Personal Health & Fitness (3) | PSYC 1101 Intro to General Psychology or PSYC 2103 Intro to Human Development (3) | PSYC 1101 Intro to General Psychology (3)  |
| **Common Major Core: (23 hours)** | **Common Major Core: (23 hours)** | **Common Major Core: (23 hours)** |
| KINS 3103 Structural Kinesiology (3) | KINS 3103 Structural Kinesiology (3) | KINS 3103 Structural Kinesiology (3) |
| KINS 3200 Exercise & Sports Nutrition (3)  | KINS 3200 Exercise & Sports Nutrition (3)  | KINS 3200 Exercise & Sports Nutrition (3)  |
| KINS 3203 Physiology of Exercise (3) | KINS 3203 Physiology of Exercise (3) | KINS 3203 Physiology of Exercise (3) |
| KINS 3223 Biomechanics (3) | KINS 3223 Biomechanics (3) | KINS 3223 Biomechanics (3) |
| KINS 3233 Methods of Resistance Training (2) | KINS 3233 Methods of Resistance Training (2) | KINS 3233 Methods of Resistance Training (2) |
| KINS 3262 Exercise Testing (3) | KINS 3262 Exercise Testing (3) | KINS 3262 Exercise Testing (3) |
| KINS 4203 Exercise Prescription (3) | KINS 4203 Exercise Prescription (3) | KINS 4203 Exercise Prescription (3) |
| KINS 4813 Research Methods (3) | KINS 4813 Research Methods (3) | KINS 4813 Research Methods (3) |
| **Concentration Specific Courses: (37 hrs)** | **Concentration Specific Courses: (37 hrs)** | **Concentration Specific Courses: (37 hrs)** |
| KINS 3205 Personal Training (3)(new course proposal) | KINS 3101 Prevention & Emergency Concepts in Healthcare (3) (new course proposal) | KINS 3212 Practicum I (2) |
| KINS 3212 Practicum I (2) | KINS 3212 Practicum I (2) | KINS 4206 Internship (12) |
| KINS 3243 Exercise Leadership (3) | KINS 4101 Foundations of Therapeutic Medicine (3) (new course proposal) | KINS 4233 Clinical Exercise Physiology (3)(title change from current Cardiac Rehab) |
| KINS 4206 Internship (12) | KINS 4206 Internship (6) | KINS 4343 Methods of Health Promotion (3) |
| KINS 4213 Essentials of Strength & Conditioning Programs (3) |  KINS 4213 Essentials of Strength & Conditioning Programs (3) | PSYC 2103 Intro to Human Development (3) |
| KINS 4222 Practicum II (2) | KINS 4233 Clinical Exercise Physiology (3)(title change from current Cardiac Rehab) | PSYC 3200 Abnormal Psychology (3) |
|  | PSYC 3200 Abnormal Psychology (3) |  |
| **Electives (12)** | **Electives (14)** | **Electives (11)** |
|  | CHEM 1211 – may be taken in the Core or as an elective (4) | CHEM 1211 – may be taken in the Core or as an elective (4) |
|  | BIOL 1107 or BIOL 3180 - may be taken in the Core or as an elective (4) | BIOL 1107 or BIOL 3180 - may be taken in the Core or as an elective (4) |
|  | PHYS 1111 – may be taken in the Core or as an elective (4) | PHYS 1111 – may be taken in the Core or as an elective (4) |