

# Exercise Science, B.S. Fitness and Performance Concentration

2023–24 Catalog

This example plan is designed to provide a blueprint for students to complete their degrees within four years. It includes recommended sequences of courses. Individual plans will vary based on previously earned credit, such as Dual Enrollment and AP credit, as well as the student’s academic goals. Students will work with an academic advisor to develop a more individualized plan to complete their degree.

This example four-year plan is applicable to students admitted during the 2023–24 academic year.

Total credits required: 120 credits

Required GPA for graduation: 2.0 (institutional), 2.5 (overall)

Courses requiring a C or better are denoted with an asterisk (\*).

Legend is available on the last page of this document.

Year 1							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 0001	First-Year Academic Seminar	1		ENGL 1102	English Composition II	3	A
ENGL 1101*	English Composition I (pre-req to ENGL 1102)	3	A	KINS 2200*	Intro to Exercise Biochemistry (pre-req to KINS 3200, 3203, and 3212)	3	F
Core Area A*	Math (student’s choice)	3	A	Core Area C	Humanities and Ethics (student’s choice)	3	C
CHEM 1151K*	Survey of Chemistry I & Lab (pre-req to KINS 2200)	4	D	Core Area D	Science with Lab (student’s choice)	4	D
GC1Y 1000	Critical Thinking (pre-req to GC1Y 1000)	3	B	Core Area E	Social Science (student’s choice)	3	E
<b>Semester Hours</b>		<b>14</b>		<b>Semester Hours</b>		<b>16</b>	
<b>Summer</b>	Summer classes can be taken to lighten fall and spring course loads.						
<b>Notes:</b>	Area A and GC1Y 1000 must be completed by 30 earned hours. First-Year Seminar is a graduation requirement and impacts a student’s GPA; however, it does not count toward the minimum of 120 semester hours required for a degree.						

Year 2							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
HSCS 2813*	Anatomy of Human Movement (pre-req to KINS 3103, 3203, 3212, 3223, 3243, 3262, & 4203)	4	F	HSCS 2823*	Physiology of Human Movement (pre-req to KINS 3203, 3212, 3223, 3233, 3243, 3262, & 4203)	4	F
KINS 2210*	Methods of Correct Movement (pre-req to KINS 3233)	3	F	KINS 2323*	Nutrition (pre-req to KINS 3200)	3	F
KINS 2331*	Medical Terminology	1	F	Core Area C	Fine Arts (student's choice)	3	C
Core Area E	Social Science (student's choice)	3	E	MATH 1401	Elementary Statistics (see Notes below)	3	D
GC2Y 2000	Global Perspectives	4	B	Core Area E	Social Science (student's choice)	3	E
<b>Semester Hours</b>		<b>15</b>		<b>Semester Hours</b>		<b>16</b>	
<b>Notes:</b>	HSCS 2813 and 2823 can be substituted by BIOL 2251K and 2252K: Anatomy & Physiology I & II. MATH 1401 can be substituted by any other Core Area D Math, Science, or Technology course. However, MATH 1401 is strongly recommended for students planning to attend graduate school. GC2Y 2000 must be taken between 30–59 earned hours.						

Year 3							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 3103*	Structural Kinesiology (pre-req to KINS 3223 and 3233)	3	Major	KINS 4203*	Exercise Prescription (pre-req or co-req to KINS 4222)	3	Major
KINS 3203*	Physiology of Exercise (co-req to KINS 3262; pre-req to KINS 4213)	3	Major	KINS 3243*	Exercise Leadership	2	Conc
KINS 3262*	Exercise Testing (pre-req to KINS 4203 and 4222)	3	Major	KINS 3233*	Methods of Resistance Training (pre-req to KINS 4213)	2	Major
KINS 3212*	Practicum I (pre-req to KINS 4222)	2	Conc	KINS 3223*	Biomechanics (pre-req to KINS 4213)	3	Major
Gen Elective	Any general elective course	3	Elective	KINS 3200*	Exercise and Sports Nutrition	3	Major
				Gen Elective	Any general elective course	3	Elective
<b>Semester Hours</b>		<b>14</b>		<b>Semester Hours</b>		<b>16</b>	
<b>Summer</b>	Students must take KINS 3205: Personal Training, which is only offered in the summer.						
<b>Notes:</b>	Students must meet with the Clinical Coordinator for SHHP to determine required internship before fall of Year 4. General electives can be in any discipline and any level (1000–4999).						

Year 4							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 4213*	Essentials of Strength and Conditioning	3	Conc	KINS 4206*	Internship in Exercise Science	12	Conc
KINS 4813*	Research Methods and Statistics	3	Major				
KINS 4222*	Practicum II	2	Conc				
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	3	Elective				
Gen Elective	Any general elective course	1	Elective				
<b>Semester Hours</b>		<b>15</b>		<b>Semester Hours</b>		<b>12</b>	
<b>Summer</b>	Internship can be completed in summer if needed. Students completing a summer internship will still be eligible to participate in spring commencement.						
<b>Notes:</b>	Students cannot take more than 15 credit hours while enrolled in an internship. General electives can be in any discipline and any level (1000–4999, unless specified as upper-level).						

Legend	
Area	This section of the plan references the area of the curriculum the course fulfills.
A	Core Area A: Essential Skills
B	Core Area B: Institutional Options
C	Core Area C: Humanities, Ethics, and Fine Arts
D	Core Area D: Science, Technology, and Math
E	Core Area E: Social Sciences
F	Core Area F: Major Directed Core Requirements
Major	Exercise Science Major Common Core
Conc	Fitness and Performance Concentration Courses
Elective	Course(s) a student selects. Hours are needed to meet overall graduation hours. Number of electives varies per major. Electives can be used towards GC Journeys, minors, or professional/graduate school pre-requisites, or to take courses of interest.