

# Exercise Science, B.S. Sports Medicine 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 and 3203)	3	F
Core Area A	Math (student’s choice)	3	A	KINS 2323*	Nutrition (pre-req to KINS 3200)	3	F
CHEM 1211K*	Principles of Chemistry I & Lab (pre-req to KINS 2200, BIOL 2251K, and BIOL 2260K)	4	D	KINS 2331*	Medical Terminology	1	F
GC1Y 1000	Critical Thinking (pre-req to GC1Y 1000)	3	B	PSYC 1101*	Intro to General Psychology (pre-req to PSYC 3200)	3	E
				Core Area C	Humanities and Ethics (student’s choice)	3	C
<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>	CHEM 1211K is strongly recommended, but CHEM 1151K may substitute with department approval if CHEM 1211K will not be needed for graduate school. 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* or BIOL 2251K*	Anatomy of Human Movement or Anatomy & Physiology I (pre-req to KINS 3103, 3104, 3203, 3212, 3223, 3262, 4104, & 4203)	4	F	HSCS 2823* or BIOL 2252K*	Physiology of Human Movement or Anatomy & Physiology II (pre-req to KINS 3203, 3212, 3223, 3233, 3262, and 4203)	4	F
KINS 2210*	Methods of Correct Movement (pre-req to KINS 3233)	3	F	KINS 3103*	Structural Kinesiology (pre-req to KINS 3223 and 3233)	3	F
GC2Y 2000	Global Perspectives	4	B	Core Area C	Fine Arts (student's choice)	3	C
Core Area E	Social Science (student's choice)	3	E	Core Area E	Social Science (student's choice)	3	E
				Gen Elective	Any general elective course	3	Elective
<b>Semester Hours</b>		<b>14</b>		<b>Semester Hours</b>		<b>16</b>	
<b>Notes:</b>	GC2Y 2000 must be taken between 30–59 earned hours. General electives can be in any discipline and any level (1000–4999).						

Year 3							
Fall				Spring			
Course	Title	Hours	Area	Course	Title	Hours	Area
KINS 3203*	Physiology of Exercise (co-req to KINS 3262; pre-req to KINS 4213)	3	Major	KINS 3104*	Foundations of Therapeutic Medicine (pre-req to KINS 4104)	3	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
PHYS 1111* PHYS 1111L*	Intro to Physics & Lab	4	D	KINS 4813*	Research Methods and Statistics (pre-req to PSYC 3200)	3	Major
Gen Elective	Any general elective course	3	Elective	BIOL 1107* +BIOL 1107L* or BIOL 2260K*	Principles of Biology I & Lab or Foundations of Microbiology	4	D
<b>Semester Hours</b>		<b>15</b>		<b>Semester Hours</b>		<b>15</b>	
<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 3200*	Exercise and Sports Nutrition	3	Major	KINS 4206*	Internship in Exercise Science	6	Conc
KINS 4213*	Essentials of Strength and Conditioning	3	Conc	KINS 4233*	Clinical Exercise Physiology	3	Conc
KINS 4104*	Prevention and Emergency Concepts in Healthcare	3	Conc	PSYC 3200*	Abnormal Psychology	3	Conc
KINS 4203*	Exercise Prescription (pre-req to KINS 4233)	3	Major	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>16</b>		<b>Semester Hours</b>		<b>15</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>	<p>KINS 4104 must be taken in the fall of Year 4.</p> <p>Students cannot take more than 15 credit hours while enrolled in an internship.</p> <p>If enrolled in an in-person course while completing KINS 4206, students will be limited to clinical sites within a 50-mile radius of Georgia College.</p> <p>General electives can be in any discipline and any level (1000–4999, unless specified as upper-level).</p>						

Legend	
<b>Area</b>	<b>This section of the plan references the area of the curriculum the course fulfills.</b>
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	Sports Medicine Concentration Courses
Cognate	Cognate courses are required courses within a student's curriculum. These courses are connected to the major but may be from other academic disciplines.
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.