

**Exercise Science B.S.
Fitness and Performance Concentration
2019-2020 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.

This recommended Four-Year Plan is applicable to students admitted during the 2019-2020 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			
ENGL1101	English Composition I	3	A	ENGL1102	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				
GC1Y1000	Critical Thinking	3	B	Area C1	Humanities and Ethics	3	C				
KINS0001	First Year Academic Seminar	1		Area E	Social Sciences Select - 1st of 3	3	E				
Total		14		Total		16					

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			
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					
Year 3											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	KINS 3205- Personal Training			
KINS3103	Structural Kinesiology	3	Major	KINS4203	Exercise Prescription	3	Major	Notes			
KINS3203	Physiology of Exercise	3	Major	KINS4222	Practicum II	2	Major				
KINS3262	Exercise Testing	3	Major	KINS3233	Methods of Res. Training	2	Major				
KINS3243	Exercise Leadership	2	Major	KINS3223	Biomechanics	3	Major				
KINS3212	Practicum I	2	Major		Elective- <i>any level</i>	3					
	Elective- <i>any level</i>	3									
Total		16		Total		13					

Year 4										
Fall				Spring				Summer		
Course	Title	Hours	Area	Course	Title	Hours	Area	Notes		
KINS4213	Essentials of Strength & Conditioning	3	Major	KINS4206	Internship	12	Major			
KINS4813	Research Methods & Statistics	3	Major							
KINS3200	Exercise & Sports Nutrition	3	Major							
	Elective- <i>any level</i>	3								
	Elective- <i>any level</i>	3								
Total		15		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.