

**Exercise Science B.S.  
 Pre-Professional Concentration  
 2020-2021 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 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		
ENGL 1101	English Composition I	3	A	ENGL 1102	English Composition II	3	A	<b>Notes</b>	
Area A Math	Area A2 MATH Selection	3	A	MATH 1401	Elementary Statistics	3	D		
CHEM 1211K	Principles of Chemistry I	4	D & Cognate	BIOL 1107	Principles of Biology	3	D & Cognate	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	D	BIOL 1107	Principles of Biology lab	1	D & Cognate		
KINS 0001	First Year Academic Seminar	1		Area E	Social Sciences Select - 1st of 3	3	E		
				Area C1	Humanities and Ethics options	3	C		
								GC Journeys: Career Milestones for year one will be completed in First-Year seminar.	
<b>Total</b>		<b>14</b>		<b>Total</b>		<b>16</b>			

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

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				
BIOL 2160	Anatomy & Physiology I	4	F	BIOL 2170	Anatomy & Physiology II	4	F	Notes				
KINS 2331	Medical Terminology	1	F	KINS 2210	Methods of Corrective Movement	3	F	<b>GC Journeys:</b> 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 2200	Intro to Exercise Biochemistry	3	F	KINS3103	Structural Kinesiology	3	Major					
Area E	Social Sciences Select - 2nd of 3	3	E	Area C2	Fine Arts	3	C					
GC2Y 2000	Global Perspectives	4	B	PSYC 1101	Social Sciences Select - 3rd of 3	3	E					
<b>Total</b>		<b>15</b>		<b>Total</b>		<b>16</b>						
<b>GC2Y 2000 should be completed in the second year.</b>												
Year 3												
Fall				Spring				Summer				
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads				
KINS 2323	Nutrition	3	F	KINS 4203	Exercise Prescription	3	Major	Notes				
KINS3203	Physiology of Exercise	3	Major	KINS 3212	Practicum I	2	Major	<b>GC Journeys:</b> 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.				
KINS3262	Exercise Testing	3	Major	KINS 3233	Methods of Res. Training	2	Major					
KINS 4813	Research Methods & Statistics	3	Major	KINS 3223	Biomechanics	3	Major					
PHYS 1111	Intro to Physics	3	Cognate	PSYC 2103	Intro to Human Development	3	Major					
PHYS 1111L	Intro to Physics Lab	1	Cognate		Elective- <i>any level</i>	3						
<b>Total</b>		<b>16</b>		<b>Total</b>		<b>16</b>						
<b>Meet with Clinical Coordinator for SHHP to determine internship before fall semester of senior year</b>												

Year 4										
Fall				Spring				Summer		
Course	Title	Hours	Area	Course	Title	Hours	Area	Notes		
KINS 4253	Applied Research in Ex Science	1	Major	KINS 4233	Clinical Exercise Physiology	3	Major	<b>GC Journeys:</b> Opportunitites to engage in undergraduate research through SHHP Scholars, or with individual faculty members. Internships are required and completed the last semester of your senior for class credit.		
KINS 3200	Exercise & Sports Nutrition	3	Major	KINS 4206	Internship	12	Major			
PSYC 3200	Abnormal Psychology	3	Major							
	Elective- <i>any level</i>	3								
	Elective- <i>any level</i>	3								
<b>Total</b>		<b>13</b>		<b>Total</b>		<b>15</b>				

**Legend**

<b>Area</b>	<p><b>This section of the plan references the area of the curriculum the course fulfills.</b></p> <p>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.</p>
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