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**DEPARTMENT OF KINESIOLOGY**

**EXERCISE SCIENCE MAJOR COURSE SEQUENCE**

The following course sequence is recommended; however, the schedule is flexible.

BIOL 221 must be taken before taking KIN 321. KIN 150 should be taken as early as possible and before KIN 321. MATH 115 must be completed before taking KIN 310. KIN 200 must be taken before KIN 300, and KIN 300 must be taken before KIN 383. Additionally, KIN 321 must be completed before taking KIN 421. KIN 321, 310, CHEM Pre-req., and MATH 115 must be completed before taking KIN 422.

The following sequence of courses serves as a **suggestion** only and variances may occur. Please consult with your exercise science advisor as soon as possible to determine the optimal schedule to achieve your goals.

|  |  |  |  |
| --- | --- | --- | --- |
|  FRESHMAN |  SOPHOMORE |  JUNIOR |  SENIOR |
| FALL | FALL | FALL | FALL |
| MATH 115 – Intro Statistics (if possible)KIN 150 – Intro to Writing in Exercise Science  | BIOL 221/221L – Human Physiology & LabKIN 208 – Intro to NutritionKIN 300/300L – Anatomical Kin & LabKIN 310/310L – Research Methods & Lab | KIN 300/300L – (if not taken previously)KIN 321/321L – (if not taken previously)KIN 421/421L – Clinical Exercise Physiology & Lab | KIN 499 – Special Studies OR KIN 299 – Internships KIN 422/422L – Regulation of Human Metabolism & Lab |
| SPRING | SPRING | SPRING | SPRING |
| KIN 200/200L – Human Anatomy & LabKIN 150 – Intro to Writing in Exercise Science (if not previously taken)MATH 115 – (if not previously taken) | KIN 200/200L – (if not previously taken)KIN 150 – (if not previously taken)KIN 321/321L – Exercise Physiology & Lab CHEM Pre-Req. – Intro to Biological Chemistry | KIN 383/383L – Biomechanics & Lab | Elective in Kinesiology |

**EXERCISE SCIENCE MAJOR**

**REQUIRED COURSES:** Credits Sem Prerequisites

 KIN 150 Introduction to Writing in Exercise Science 1 F/S

 KIN 200/200L Human Anatomy & Lab (BIO 222) 3+1 F/S

 KIN 208 Introduction to Nutrition 3 F/S

 KIN 300/300L Anatomical Kinesiology & Lab 3+.50 F KIN 200/200L

 KIN 310/310L Research Methods in Kinesiology 3+1 F/S MATH 115

 KIN 321/321L Exercise Physiology & Lab 3+1 F/S BIO 221; KIN 150

 KIN 421/421L Clinical Exercise Physiology & Lab 3+1 F/S KIN 321/321L; BIO 221

 KIN 383/383L Biomechanics & Lab 3+.50 S KIN 200/200L, KIN 300/300L

KIN 422/422L Regulation of Human Metabolism & Lab 3+1 F/S KIN 310/310L & 321/321L

 CHEM Pre-Req

 KIN 499 Special Studies in Exercise Science 3 F/S KIN 310/310L

 OR

 KIN 299 Internships 3 F/S/Summer

**REQUIRED CORE COURSES:**

 CHEM 103/103L Intro to Biological Chemistry & Lab 3+1 S

 OR

 CHEM 125/127 General Chemistry I & Lab 3+1 F Written permission from instructor

 OR

 CHEM 131/132 Accelerated General Chemistry & Lab 3+1 F Written permission from instructor

 BIOL 221/221L Human Physiology & Lab 3+1 F

 MATH 115 Introductory Statistics 3 F/S

# **ELECTIVE COURSES**#—Choose one of the following (as offered):

 KIN 301 Motor Development 3

 KIN 308 Nutrition and Athletic Performance 3 KIN 208, 321/321L

 KIN 325 Science of Conditioning, Strength, & Power 3 KIN 321/321L

 KIN 326 Children, the Elderly, and Exercise 3 KIN 321/321L

 KIN 342 Injury Management & Care 3 KIN 200/200L; KIN 300/300L

 KIN 371/371L Sport Psychology & Lab 3 +.50

NOTE: Separate recommended sequences exist for students interested in pre-physical therapy, pre-occupational therapy,

pre-athletic training, pre-physician assistant, and pre-med. For all pre-health professions majors, see the pre-health professions advisor and your exercise science advisor.