

EXERCISE SCIENCE MAJOR COURSE SEQUENCE

The following course sequence is recommended; however, there is flexibility within the schedule.

BIOL 221 **must** be taken prior to taking KIN 222 & 223. KIN 202 should be taken as early as possible. MATH 210 **must** be taken before taking KIN 250. Kin 200 **must** be taken prior to Kin 221, and Kin 221 **must** be taken before Kin 383. Additionally, KIN 222 & 223 **must** be taken before taking KIN 323. KIN 222, 223, 250, CHEM 103, and MATH 210 or MATH 311/312 **must** be taken prior to taking KIN 422.

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
MATH 210 – Intro Statistics (if possible)	BIOL 221 - Human Physiology KIN 202 – (if not previously taken) KIN 208 – Intro to Nutrition KIN 221 – Anatomical Kines. KIN 250 – Research Methods	KIN 221 – (if not taken previously) KIN 222 & 223 – (if not taken previously) KIN 323 & 324 – Clinical Exercise Physiology	KIN 499 – Special Studies OR KIN 299 – Internships KIN 422 – Regulation of Human Metabolism
SPRING	SPRING	SPRING	SPRING
KIN 200 - Human Anatomy & Lab KIN 202 – Intro to Writing in Exercise Science GEMS 160/CHEM 101 – Chemistry of Our Environment (if you did not take HS chemistry) MATH 210 – (if not previously taken)	KIN 200 – (if not previously taken) KIN 202 – (if not previously taken) KIN 222 & 223 – Exercise Physiology & Lab CHEM 103 – Intro to Biological Chemistry	KIN 383 – Biomechanics	Elective in Kinesiology