Hope COLLEGE

DEPARTMENT OF KINESIOLOGY

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 Pre-Req., 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 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

EXERCISE SCIENCE MAJOR

REQUIRED COURSES:		Credits	Sem	Prerequisites
KIN 200	Human Anatomy (BIO 222)	4	F/S	
KIN 202	Introduction to Writing in Exercise Science	1	F/S	
KIN 208	Introduction to Nutrition	3	F/S	
KIN 221	Anatomical Kinesiology	4	F	KIN 200
KIN 222	Exercise Physiology	3	F/S	BIO 221
KIN 223	Exercise Physiology Laboratory	1	F/S	BIO 221
KIN 250	Research Methods in Kinesiology	4	F/S	MATH 210
KIN 323	Clinical Exercise Physiology	3	F/S	KIN 222 & 223; BIO 221
KIN 324	Clinical Exercise Physiology Lab	1	F/S	KIN 222 & 223: BIO 221
KIN 383	Biomechanics	4	S	KIN 200, KIN 221
KIN 422	Regulation of Human Metabolism	4	F/S	KIN 222, 223, & 250; CHEM Pre-Req., or CHEM 125/127
KIN 499 OR	Special Studies in Exercise Science	3	F/S	KIN 250
KIN 299	Internships (Corp. Fitness, pre-PT, & pre-PA)	3	F/S/May	

REQUIRED CORE COURSES:				
CHEM 103 OR	Introduction to Biological Chemistry	4	S	
CHEM 125/127 OR	General Chemistry I & Laboratory	4	F	High School Chemistry
CHEM 131/132	Intensive General Chemistry	4	F	2 yrs of HS Chem or ACT math>30
BIOL 221	Human Physiology & Laboratory	4	F	
MATH 210 OR	Introductory Statistics	4	F/S	
MATH 311/312	Statistical Methods/Applied Statistical Methods	4	S	MATH 131; MATH 210 or 311

ELECTIVE COURSES#—Choose one of the following (as offered):				
KIN 301	Motor Development	3	S even	
KIN 308	Nutrition and Athletic Performance	3	F odd	KIN 208, 222, & 223
KIN 325	Science of Conditioning, Strength, & Power	4	S even	KIN 222 & 223
KIN 326	Children, the Elderly, and Exercise	3	S even	KIN 222 & 223
KIN 330	Principles of Coaching	3	S	
KIN 342	Injury Management & Care	4	F	KIN 200
KIN 371/372	Sport Perform. Psych./ Sport Perform. Psych. Lab	4	S	PSY 100

NOTE: Separate recommended sequences exist for students interested in pre-physical therapy and pre-physician's assistant. For occupational therapy see the pre-professions advisor and your exercise science advisor.