

**DEPARTMENT OF KINESIOLOGY**

**EXERCISE SCIENCE MAJOR PRE-AT 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. AT schools may have different prerequisites; therefore, you should see the health professions advisor **AND** an exercise science advisor as soon as possible. In addition, you should check the required courses for graduate schools to which you plan to apply.

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| --- | --- | --- | --- |
| FRESHMAN | SOPHOMORE | JUNIOR | SENIOR |
| FALL | FALL | FALL | FALL |
| CHEM 125/127 – General Chemistry I & Lab  OR  CHEM 131/132 – Intensive General Chemistry & Lab  MATH 115 – Intro to Statistics  KIN 150 – Intro to Writing in Exercise Science  \*PSY 100 – Intro Psychology  OR other General Education classes | \*BIO 105/107 – General Biology I &  Lab  BIOL 221/221L – Human Physiology & Lab | KIN 300/300L – Anatomical Kinesiology & Lab  KIN 342 – Injury Management & Care  \*PSY 230/230F – Developmental Psychology & Field Placement  \*PHYS 105/107 – College Physics I & Lab | KIN 499 – Special Studies  OR  KIN 299 – Internships  IN 421/421L – Clinical Exercise Physiology & Lab |
| SPRING | SPRING | SPRING | SPRING |
| KIN 200/200L - Human Anatomy & Lab  KIN 150 – Intro to Writing in Exercise Science (if not taken) | KIN 200/200L – Human Anatomy & Lab (if not previously taken)  KIN 310/310L – Research Methods & Lab    KIN 208 – Intro to Nutrition (OR take Junior year)  KIN 321/321L – Exercise Physiology & Lab | KIN 383/383L – Biomechanics & Lab  KIN 208 – Intro to Nutrition (if not previously taken) | KIN 422/422L – Regulation of Human Metabolism & Lab |

\*NOT required for exercise science major, but required for most AT programs. Check requirements for intended grad schools.

**EXERCISE SCIENCE MAJOR PRE-ATHLETIC TRAINING SEQUENCE**

**REQUIRED COURSES:** Credits Sem Prerequisites

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

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

KIN 208 Introduction to Nutrition 3 F/S

KIN 300/300L Anatomical Kinesiology 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 383/383L Biomechanics 3+.50 S KIN 200/200L; KIN 300/300L

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

KIN 422/422L Regulation of Human Metabolism 3+1 F/S KIN 310/310L; KIN 321/321L, and 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 125/127 General Chemistry I & Lab 3+1 F

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

MATH 115 Introductory Statistics 3 F/S

**REQUIRED BY MOST AT SCHOOLS: (additional classes not required for exercise science major)**

KIN 342 Injury Management and Care 3 F KIN 200/200L; KIN 300/300L

BIO 105/107 General Biology I & Lab 3+1 F

PHYS 105/107 College Physics I & Lab 3+1 F MATH 123 or MATH 125 or MATH

or MATH 131

PSY 100 Introduction to Psychology 3 F/S

PSY 230/230F Developmental Psych. & Field Placement 3+1 F/S PSY 100

**REQUIRED BY SOME AT SCHOOLS: (not included in suggested sequence)**

KIN 209 Medical Terminology 2 S/May

KIN 301 Motor Development 3 S

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

KIN 371 Sport and Performance Psychology 3 F

BIO 106/108 General Biology II & Lab 3+1 S

CHEM 126/128 General Chemistry II & Lab 3+1 S C- or better in CHEM 125

PHYS 106/108 College Physics II & Lab 3+1 S