

**DEPARTMENT OF KINESIOLOGY**

**EXERCISE SCIENCE MAJOR PRE-OCCUPATIONAL THERAPY COURSE SEQUENCE**

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

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

The following sequence of courses serves as a **suggestion** only and variances may occur. Many OT schools may have different pre-requisites; therefore, you should see the health professions advisor **AND** an exercise science advisor as soon as possible. In addition, you should check required courses for professional schools to which you plan to apply.

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| FRESHMAN | SOPHOMORE | JUNIOR | SENIOR |
| FALL | FALL | FALL | FALL |
| MATH 115 – Intro to Statistics  \*PSY 100 – Intro to Psychology  \*SOC 101 – Intro to Sociology | BIOL 221/221L – Human Physiology & Lab  \*PSY 230/230F – Developmental Psychology & Field Placement  \*NSCI 211/211L – Intro to Neuroscience & Lab  KIN 208 – Intro to Nutrition OR Junior year | KIN 300/300L – Anatomical Kinesiology & Lab  KIN 421/421L – Clinical Exercise Physiology & Lab (either semester)  \*PSY 325 – Health Psychology | KIN 499 – Special Studies  OR  KIN 299 – Internships  KIN 422/422L – Regulation of Human Metabolism & Lab |
| SPRING | SPRING | SPRING | SPRING |
| CHEM 103/103L – Chemistry and Lab  KIN 200/200L - Human Anatomy & Lab OR Sophomore year  KIN 150 – Intro to Writing in Exercise Science OR Sophomore year  \*ENG 213/ 214 – Writing Theory & Practice / Workplace Writing | \*\*KIN 310/310L – Research Methods & Lab  \*PSY 310 – Behavior Disorders (or Junior year)  KIN 321/321L – Exercise Physiology & Lab (or Junior Year before KIN 421/421L) | KIN 383/383L – Biomechanics & Lab  \*KIN 209 – Medical Terminology | Kinesiology Elective  Any required or recommended course not completed previously |

\*Courses NOT required for exercise science major, but required for most/many OT schools. Check the list found on the back for requirements of many OT programs. Also check requirements for other intended OT schools and take classes accordingly

**EXERCISE SCIENCE MAJOR PRE-OCCUPATIONAL THERAPY 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 421/421L Clinical Exercise Physiology & Lab 3+1 F/S KIN 321/321L; BIO 221

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

KIN 422/422L Regulation of Human Metabolism & Lab 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 103/103L Intro to Biological Chemistry and Lab 3+1 S

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

MATH 115 Introductory Statistics 3 F/S

**REQUIRED BY MOST OT SCHOOLS: (not required for exercise science major)**

ENG 213/214 Writing Theory & Practice / Workplace Writing 3/3 F/S ENG 113 or equivalent

KIN 209 Medical Terminology 2 F/S/Summer

NSCI 211/211L Intro to Neuroscience & Lab 3+1 F/S

PSY 100 Introduction to Psychology 3 F/S

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

PSY 310 Behavior Disorders 3 F/S PSY 200 highly recommended

PSY 325 Health Psychology 3 F/S

SOC 101 Introduction to Sociology 3 F/S PSY 100 highly recommended

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

BIO 103/103L Intro to Cell Biology & Lab 3+1 F

PHIL 245 Applied Ethics 3 F/S alternate years

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

MATH 131

# **ELECTIVE COURSES**#—Choose one of the following:

KIN 301 Motor Development 3 S even

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

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

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

KIN 342 Injury Management & Care 3 F KIN 200/200L

KIN 371/371L Sport Perform. Psych. & Lab 3+.50 S