

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.

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:

		<u>Credits</u>	<u>Sem</u>	<u>Prerequisites</u>
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	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	