

EXERCISE SCIENCE MAJOR PRE-PHYSICAL 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 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 125/127., and MATH 210 or MATH 311/312 **must** be taken prior to taking KIN 422.

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

| FRESHMAN | SOPHOMORE | JUNIOR | SENIOR |
|--|--|--|--|
| FALL | FALL | FALL | FALL |
| CHEM 125/127 – General Chemistry I & Lab OR CHEM 131/132 – Intensive General Chemistry & Lab MATH 210 – Intro to Statistics PSY 100 – Intro Psychology OR other General Education classes | *BIO 105 – General Biology I BIOL 221 – Human Physiology KIN 202 – Intro to Writing in Exercise Science (if not taken) | KIN 221 – Anatomical Kinesiology KIN 323/324 – Clinical Exercise Physiology & Lab *PSY 230 – Developmental Psychology *PHYS 105/107 – College Physics I & Lab | KIN 499 – Special Studies OR KIN 299 – Internships KIN 422 – Regulation of Human Metabolism |
| SPRING | SPRING | SPRING | SPRING |
| *CHEM 126/128 – General Chemistry II & Lab (if you did not take CHEM 131) KIN 200 – Human Anatomy & Lab KIN 202 – Intro to Writing in Exercise Science *MATH 123 – A Study of Functions | *BIO 106 – General Biology II KIN 200 – Human Anatomy & Lab (if not previously taken) KIN 250 – Research Methods KIN 208 – Intro to Nutrition OR Junior year KIN 222 & 223 – Exercise Physiology & Lab | KIN 383 – Biomechanics *PHYS 106/108 – College Physics II & Lab KIN 208 – Intro to Nutrition (if not previously taken) | |

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

EXERCISE SCIENCE MAJOR PRE-PHYSICAL THERAPY TRACK

REQUIRED COURSES:

| | | <u>Credits</u> | <u>Sem</u> | <u>Prerequisites</u> |
|---------|---|----------------|------------|--------------------------------------|
| KIN 200 | Human Anatomy (BIO 222) | 4 | 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 Lecture | 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 and CHEM 125/127 |
| KIN 499 | Special Studies in Exercise Science | 3 | F/S | KIN 250 |
| OR | | | | |
| KIN 299 | Internships (Corp. Fitness, pre-PT, & pre-PA) | 3 | F/S/May | |

REQUIRED CORE COURSES:

| | | | | |
|--------------|---|---|-----|---------------------------|
| CHEM 125/127 | General Chemistry I & Lab | 4 | F | |
| BIOL 221 | Human Physiology & Laboratory | 4 | F | |
| MATH 210 | Introductory Statistics | 4 | F/S | |
| OR | | | | |
| MATH 311/312 | Statistical Methods/Applied Statistical Methods | 4 | S | MATH 131; MATH 210 or 311 |

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

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|---------------|-------------------------------|---|-----|---------------------------------|
| BIO 105 | General Biology I & Lab | 4 | F | |
| BIO 106 | General Biology II & Lab | 4 | S | |
| CHEM 125/127 | General Chemistry I & Lab | 4 | F | |
| OR | | | | |
| CHEM 131/132 | Accelerated General Chemistry | 4 | F | 2 yrs of HS Chem or ACT math>30 |
| *CHEM 126/128 | General Chemistry II & Lab | 4 | S | C- or better in CHEM 125 |
| MATH 123 | A Study of Functions | 4 | S | |
| PHYS 105/107 | College Physics I & Lab | 4 | F | |
| PHYS 106/108 | College Physics II & Lab | 4 | S | |
| PSY 100 | Introduction to Psychology | 4 | F/S | |
| PSY 230 | Developmental Psychology | 4 | F/S | PSY 100 |

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

| | | | | |
|----------|--|---|--|--|
| BIO 231 | Microbiology for the Allied Health Professions | 4 | | |
| NURS 320 | Pathophysiology | 4 | | |
| PSY 325 | Health Psychology | 2 | | |

* if you did not take CHEM 131

NOTE: The Exercise Science requirement for an elective in Kinesiology is waived for Pre-Physical Therapy majors.