

## EXERCISE SCIENCE MAJOR PRE- MED COURSE SEQUENCE – 4yr to MCAT

The following course sequence is recommended; however, there is flexibility within the schedule. This schedule will require a “GAP YEAR” between graduation from Hope College and entrance into medical school the following year.

BIOL 221 **must** be taken prior to KIN 222 & 223. KIN 202 should be taken as early as possible. MATH 210 **must** be taken before 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 KIN 323. KIN 222, 223, 250, CHEM 103, and MATH 210 **must** be taken prior to KIN 422.

The following sequence of courses serves as a **suggestion** only and variances may occur. Many medical 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 medical 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 – Accelerated General Chemistry  *BIO 105 & 107 – General Biology I and Lab (or Sophomore year)  *PSY 100 – Intro to Psychology	BIOL 221 – Human Physiology *CHEM 221 & 255 – Organic Chemistry and Lab  *SOC 101 – Sociology and Social Problems  MATH 210 – Intro to Statistics	*CHEM 311 – Biochemistry I  KIN 221–Anatomical Kinesiology  KIN 323/324 – Clinical Exercise Physiology & Lab (either semester)	*PHYS 121 & 141 - General Physics I  *BIO – Upper Level Course  KIN 499 – Special Studies OR KIN 299 – Internships
SPRING	SPRING	SPRING	SPRING
CHEM 126 & 128 – General Chemistry II & Lab  *BIO 106 & 108 – General Biology II and Lab (or Sophomore year)  KIN 200 - Human Anatomy & Lab (or Sophomore year)  KIN 202 – Intro to Writing in Exercise Science (or Sophomore year)	*CHEM 231 & 256 – Organic Chemistry and Lab  **KIN 250 – Research Methods  KIN 222 & 223 – Exercise Physiology & Lab or Junior Year before Kin 323 / 324  KIN 208 – Intro to Nutrition (May Term)	KIN 383 – Biomechanics  *BIO – Upper Level Course	*PHYS 122 & 142 – General Physics II  KIN 422 – Regulation of Human Metabolism

\*Courses NOT required for exercise science major, but required for most/many Medical programs.

NOTE: In order to meet graduation and pre-admission requirements, some courses may need to be taken in the summer. The 4yr to MCAT will require a gap year.