

## BS - Kinesiology, Exercise Science Option Degree Plan, 2010-11

| <b>Kinesiology - 39 hours</b>   | <b>Hours</b> |
|---|--------------|
| KIN 1311 Foundations of Kinesiology   | 3            |
| KIN 2361 Principles of Wellness   | 3            |
| KIN 3333 Motor Development  | 3            |
| KIN 3360 Prevention and Care of Activity Related Injuries   | 3            |
| KIN 3370 Physiology of Exercise, <i>prerequisites</i> , BIO 2423, 2424  | 3            |
| KIN 3372 Biomechanical Analysis of Movement, <i>prerequisite</i> : BIO 2423   | 3            |
| KIN 4361 Psychological Aspects of Exercise and Sport  | 3            |
| KIN 4380 Exercise and Sport Nutrition   | 3            |
| KIN 4382 Exercise Testing, <i>prerequisite</i> : KIN 3370   | 3            |
| KIN 4383 Exercise Prescription, <i>prerequisite</i> : KIN 4382  | 3            |
| KIN 4390 Theory of Strength and Conditioning, <i>prerequisites</i> : KIN 3370, 3372   | 3            |
| KIN 6 SCH of Advanced KIN   | 6            |
| <br>  |              |
| <b>Other Requirements - 60 hours</b>  |              |
| Biology 2423, 2424  | 8            |
| 2 courses from: CHEM 1411, 1412, PHYS 1421, 1422  | 8            |
| Computer Literacy: BCIS 1305, CS 1301, or USTD 2323   | 3            |
| Communication 2301  | 3            |
| English 1301, 1302, sophomore literature  | 9            |
| Government 2301, 2302   | 6            |
| History 1301, 1302  | 6            |
| Mathematics 1302, 1303, 1311, 1312, 1561, 2305, 2331, 2323, or 2513   | 3            |
| One course from: Nursing 4337, Kinesiology 3351 or Biology 4480   | 3-4          |
| Physical Activity   | 2            |
| Social Sciences: Psychology, 2301   | 3            |
| Visual and Performing Arts: Art 1301, 1302, 2301, 2302,<br>Drama 1311, 1321, 1351, 2331, 2334<br>Music 1310, 1341, 1342, 1351, 1361, 1375, 1376 | 3            |
| <br>  |              |
| <b>Minor - 18 hours (at least six hours must be advanced)</b>   | <b>18</b>    |
| <br>  |              |
| <b>Electives - 5-6 hours</b>  | <b>5-6</b>   |
| <br>  |              |
| <b>Total Hours</b>  | <b>120</b>   |