

# B.S. Exercise Science

General Education Requirements for all Bachelor's degrees

Quality Enhancement Plan (QEP) Requirement

## Kinesiology Core Curriculum

Item #	Title	credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1

## Required Courses

Item #	Title	credits
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 260	First Aid, CPR, and First Responder Training	2
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 460	Applied Social Research Methods	3
KINT 480	Internship	3-6

## Required Cognates:

Item #	Title	credits
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
CHEM 111	General Chemistry I	4
CHEM 112	General Chemistry II	4
MATH 141	Introduction to Probability and Statistics	3
MATH 180	Precalculus	4
PHYS 121	General Physics I	4
PSYC 212	General Psychology	3
PSYC 220	Human Growth & Development	3
	<b>Total credits:</b>	<b>75-78</b>