



4-Year Academic Plan: Exercise Science

The following is a **sample** outline demonstrating 4-year completion of this bachelor's degree. Each student's reality will vary slightly, as this plan does not include transfer work, Advanced Placement (AP), or concurrent enrollment credits. Math and English placement will be based on the student's ACT/SAT scores. **PLEASE NOTE:** The following plan assumes students are prepared to take the Math course listed. If prerequisites are required, additional semesters may be required to complete degree.

*While every effort has been made to align this sample with departmental offerings and recommendations, **this is a GUIDE ONLY.** Please meet with your academic advisor and consult DegreeWorks for specifics*

<p><u>1st Year Fall (15 credits)</u> ENGL 1010 Intro to Academic Writing (3) PE 1098 Wellness Dynamics (3) American Institutions (3) BIOL 1020/1025 Human Biology w/ Lab* (4) KIN 2020 Functional Kinesiology (2)</p>	<p><u>1st Year Spring (15 credits)</u> ENGL 2010 Intermediate Writing (3) INFO 1010 Information Literacy (1) Quantitative Literacy/MATH GE (4) KIN 2000 Intro to Exercise Science (1) Elective (3) Elective (3)</p>
<p><u>2nd Year Fall (16 credits)</u> Fine Arts (3) Physical Science (3) KIN 3060/3065 Biomechanics w/ Lab (4) KIN 3050 Motor Learning (3) Elective (3)</p>	<p><u>2nd Year Spring (14 credits)</u> Humanities (3) KIN 3070/3075 Exercise Physiology w/ Lab (4) Elective (3) Elective (3) Elective (1)</p>
<p><u>3rd Year Fall (16 credits)</u> KIN 3080/3085 Athl. Training/Sports Med. w/ Lab (4) KIN 4020 Research Meth. & Stats. In Ex. Sci. (3) Elective (3) Elective (3) Elective (3)</p>	<p><u>3rd Year Spring (15 credits)</u> Exercise Science Core Elective** (3) Exercise Science Core Elective** (3) Elective (3) Elective (3) Elective (3)</p>
<p><u>4th Year Fall (15 credits)</u> KIN 4010 Meth. of Sports Conditioning (3) Exercise Science Core Elective** (3) Elective (3) Elective (3) Elective (3)</p>	<p><u>4th Year Spring (14 credits)</u> KIN 4030/4035 Clinical Appl. of Ex Sci w/ Lab (4) KIN 4040 Exercise Testing & Prescription (3) UD Elective (3) Elective (3) PE 1543 Adv First-Aid/CPR (1) ***</p>

Other Notes:

Color Key:

General Education Courses (green)

Major requirements that also fulfill GE requirement (purple)

Major Courses (black)

Electives/minor/post-grad pre-reqs (red)

(*) Other Biology options available—students MUST speak with advisor prior to choosing BIOL courses to ensure proper sequence is selected

(**) see catalog for available options

(***) Must take class or have current card at graduation

Students interested in Grad School or a Sports Medicine field will replace “free electives” with graduate school prerequisite courses. Please work with an advisor.