

# COLLEGE OF ARTS AND SCIENCES

## 2025-2026 KINESIOLOGY BS/MS DEGREE PLAN - EMPHASIS IN EXERCISE SCIENCE

### FIRST YEAR - FRESHMAN

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	121	Life of Christ <sup>1</sup>	2	BIB	122	Acts of the Apostles <sup>1</sup>	2
ENG	101	English Composition I <sup>1</sup>	3	ENG	102	English Composition II <sup>1,3</sup>	3
KIN	120	Foundations of Kinesiology	3	BIO	212	Human A & P II	4
BIO	211	Human A & P <sup>2</sup>	4			Elective	3
PEA	100	Lifetime Wellness	1	MAT	101	College Algebra <sup>2</sup>	3
COM	140	Speech Communication <sup>1</sup>	3	PEA	156	Weight training	1
			16				16

### SECOND YEAR - SOPHOMORE

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Bible	2	BIB		Bible	3
HIS		History <sup>1</sup>	3	KIN	328	Anatomical Kinesiology <sup>3</sup>	3
KIN	327	Care and Prev. of Athletic I	3	MAT	235	Introductory Stats	3
		Elective	3	HEA	121	Principles of Nutrition	3
PSY	210	General Psychology <sup>2</sup>	3			KIN Elective	3
		Creative works:ART/ENG/MU	3			Any Electives	3
			17				18

### THIRD YEAR - JUNIOR

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	346	Foundations of Faith	3	BIB		Bible	2
		Any Electives	9	KIN	420	Motor Learning	3
KIN	329	Biomechanics <sup>3</sup>	3	KIN	397	Practicum in Kinesiology	2
KIN	338	Physiology of Exercise <sup>3</sup>	3	KIN/HEA		Upper Elective: Recommend KIN3	3
				BIO	115	Medical Terminolgy	1
						Any Electives	4
			18				15

### FOURTH YEAR - SENIOR

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	495	Values in Human Thought	3	BIB		Upper Division Bible	3
KIN	425	Organization & Adm in Phy	3	KIN	437	Exercise Testing & Prescrip	3
HEA	217	First Aid and CPR	3	KIN	426	Adaptive Physical Educatio	3
KIN	497	Practicum	2	EXS	504	Advanced Exercise Physiolo	3
EXS	501	Prin. Of Healthcare & Reha	3	EXS	503	Applied Biomechanics	3
EXS	502	Human Functional Anatom	3				
			17				15

### FIFTH YEAR - MS (ES and Rehab)

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
EXS	505	Nutrition in Exercise	3			Electives - Any EXS or HAD	6
EXS	506	Research Methods	3			Capstone or Practicum	3
EXS	507	Psychology of Exercise	3				
		Elective - Any EXS	3				
			12				9

<sup>1</sup>Liberal Arts Core Requirement

<sup>2</sup>Liberal Arts Core Major Requirements in *Undergraduate Catalog*

<sup>3</sup>Course has prerequisite. See corresponding *Undergraduate Catalog*

## **ADDITIONAL ITEMS RELATED TO THE MAJOR**

Exercise Science Empahsis elective recommendations: KIN221, KIN330, KIN331

1. Plan schedules carefully. Plan to fulfill prerequisites for future courses.
2. academic adviser as not all classes are offered every semester.
3. you from registering.
4. Register for classes early during the registration period to secure classes.

**The Four-Year Degree Plan is a suggested plan of study. This plan does not replace the *Undergraduate Catalog*. The *Undergraduate Catalog* provides the official listing of program requirements**