

BS IN EXERCISE SCIENCE PLAN OF STUDY

This is the suggested plan of study to graduate in four years with a Bachelor of Science in Exercise Science.

This plan assumes the student has met the foreign language requirement. You do not need to take the College Reading or pre-College Math class(es).

Please [consult the online course catalog](#) for detailed course descriptions.

YEAR ONE

Fall	Credit	Spring	Credit
+ENGL 101 English Composition	3	+BIOL 200 Gen. Biology II OR CHEM 106 Gen. Chem II	4
+BIOL 199 Gen. Biology OR CHEM 105 Gen. Chemistry	4	+PSYC 105 Intro to Psychology	3
+MATH 171 Elementary Functions	3	+COMM 129, 132, 203, 228, or 329	3
+Creative Arts elective	2-3	+PHIL 101, 201, 207, 208, 210, 217	3
KIN 101 Foundations of Kinesiology	2	+IL 101 Information Literacy	1
		+KIN 149 Wellness Concepts	1
Total Credits	14-15	Total Credits	15

YEAR TWO

Fall	Credit	Spring	Credit
STAT 213 Applied Statistical Reasoning	3	BIOL 232 Human A&P II	4
BIOL 230 Human A&P I	4	+CHEM 106 Gen. Chem. II OR BIOL 200 Gen. Biology II	4
+CHEM 105 Gen. Chemistry OR BIOL 199 Gen. Biology	4	KIN 282 Health, Illness, and Well-Being Across the Lifespan	3
+THEO 101, 102, 103, 107, 110, 120, 130, 132, 160	3	KIN 216 Exercise and Sport Psychology	3
+KIN Physical Activity	1	Elective	3
Total Credits	15	Total Credits	17

YEAR THREE

Fall	Credit	Spring	Credit
PHYS 203 College Physics I -or- CHEM 207 Organic Chem. -or- PHYS 251 Gen. Physics I: Mechanics	4	PHYS 204/CHEM 208 OR PHYS 253/CHEM 319&320	4
PSYC 255, 324, 350, 360, 402, or 403	3-4	KIN 350 Sci Prin Strength and Cond. -or- KIN 392 Exercise Testing/Prescription	3
KIN 361 Functional and Structural Kinesiology	3	+Humanities Elective	3
WI-KIN 390 (must take at SAU) Exercise Physiology	4	WI-KIN 240 Nutrition Concepts	3
		Elective	3
Total Credits	14-15	Total Credits	16

YEAR FOUR

Fall	Credit	Spring	Credit
KIN 440 Senior Research I	2	KIN 409 Exercise Pharmacology, 410 Biomechanics, 412 Sports Nutrition, 441 Senior Research II, or 460 Special Topics	3
KIN 409 Exercise Pharmacology, 410 Biomechanics, 412 Sports Nutrition, or 460 Special Topics	3	+PHIL/THEO/Catholic Studies Elective 300-level	3
+PHIL/THEO/Catholic Studies Elective	3	Electives	9
+Humanities Elective	3		
Elective	3		
Total Credits	14	Total Credits	15

WI=Writing intensive

+Satisfies a general education requirement