

<b>Freshman Year/Pre Kinesiology</b>			
1st Semester (16 Hours)	Course Title	When Offered	Prerequisites & Notes
CHEM 1200(3)	Fundamentals of Chemistry	Fall, Spring	
UWRT /Elective (3)	Writing and Inquiry Academic Context	All, Evenings	
HAHS 1000 (1) or (3)	Prospect for Success in Health & Human Services	Fall	First Semester Freshmen
LBST 1100 Series (3)	Arts and Society	All	
<b>MATH 1100 (3)</b>	<b>College Algebra*</b>	All, Evenings	Math Placement Test
Social Sciences Reqs (3)	ANTH 1101, GEOG 1105, ECON 1101, 2101, 2102, POLS 1110, SOCY 1101	All, Evenings	

<b>2nd Semester (13 Hours)</b>			
Course Title	When Offered	Prerequisites & Notes	
<b>KNES 2150 (3)</b>	<b>Introduction to Kinesiology*</b>	All	PKNS Major
LBST 2101(3)	Western Tradition	All	Note: You must also take LBST 2102
<b>CHEM 1251(3)</b>	<b>General Chemistry I *</b>	All, Evenings	
<b>CHEM 1251L(1)</b>	<b>General Chemistry Lab I*</b>	All, Evenings	Prerequisite or corequisite: CHEM 1251.
UWRT /Elective (3)	Writing and Inquiry Academic Context	All, Evenings	UWRT 1101 (see note for UWRT 1101)

<b>Sophomore Year/Pre-Kinesiology</b>			
3rd Semester (13 Hours)	Course Title	When Offered	Prerequisites & Notes
<b>KNES 2168(3)</b>	<b>Human Anatomy and Physiology for the Health Professions*</b>	Fall, Summer	CHEM 1251 and lab with a grade of C or better
<b>KNES 2168L(1)</b>	<b>Human Anatomy and Physiology for the Health Professions Lab*</b>	Fall, Summer	Prerequisite/corequisite: KNES 2168.
LBST 2102 (3)	Global and Intercultural Connections	All	Note: You must also take LBST 2101
<b>KNES 2294 (3)</b>	<b>Care and Prevention of Athletic Injuries*</b>	Fall, Summer	PKNS Major
<b>STAT 1222 (3)</b>	<b>Introduction to Statistics*</b>	All, Evenings	MATH 1100/placement (KNES accepts)

Pre Kinesiology Majors must complete 36 hours with a minimum of a 2.5 GPA for the EXER Major .

Courses(\*) required by the major must receive a grade of C/better to be accepted.

***Bold and Italicized courses are required to be a part of the 36 hours to be accepted into the EXER major.***

***The Kinesiology Department will accept BIOL 2273 and 2273L as meeting the KNES 2168 and 2168L courses***

Refer to the EXER Student Handbook for detailed program information.

If the student has CHEM 1251 and CHEM 1251L with a C or better they do not need to take CHEM 1200

<b>Sophomore Year/Exercise Science</b>			
4th Semester (15 Hours)	Course Title	When Offered	Prerequisites & Notes
<b>KNES 2101(2)</b>	<b>Foundations of Physical Conditioning*</b>	All	EXER Majors
<b>KNES 2290 (3)</b>	<b>Emergency Medical Response*</b>	All	EXER Major
<b>KNES 2298 (3)</b>	<b>Applied Kinesiology*</b>	Spring, Summer	KNES 2168/L or BIOL 2273/L C or higher
LBST 2200 series (3)	LBST 2214 Issues of Health and Quality of Life	Fall, Spring	LBST 2214 is highly recommended*
<b>KNES 2169(3)</b>	<b>Human Anatomy and Physiology for the Health Professions II*</b>	Spring, Summer	Grade of C or better in KNES 2168 and lab
<b>KNES 2169L(1)</b>	<b>Human Anatomy and Physiology for the Health Professions Lab II*</b>	Spring, Summer	Prerequisite/corequisite: KNES 2168.

Department of Kinesiology  
Checksheet

Exercise Science Major

<b>Junior Year/Exercise Science</b>			
5th Semester (16-18 Hours)	Course Title	When Offered	Prerequisites & Notes
KNES 3100 (3)	Organization & Administration of Exercise Science*	Fall	EXER Major
KNES 3260 (3)	Nutrition for the Physically Active*	Fall	EXER Major
KNES 3280 (3)	Exercise Physiology: Foundation and Theory*	Fall, Summer	A grade of C or higher in KNES 2169 or
KNES 3281 (3) (W)	Exercise Physiology: Principles and Application*	Fall, Summer	Co-req to KNES 3280
Electives (3)		All	
Choice of Activity Course* or EXER Concentration Course* or Pre-Professional Health Program			
<b>6 th Semester (13 -18 Hours)</b>			
6 th Semester (13 -18 Hours)	Course Title	When Offered	Prerequisites & Notes
KNES 3285 (3)	Principles of Strength and Conditioning*	Spring	KNES 2101
KNES 3286 (3)	Exercise Testing : Foundation and Theory*	Spring, Summer	KNES 3280
KNES 3287 (3) (W) (O)	Exercise Testing: Principles and Application*	Spring, Summer	KNES 3280
Electives (3 to 6)		All	
Choice of Activity Course* or EXER Concentration Course* or Pre-Professional Health Program			
<b>Senior Year/Exercise Science</b>			
7th Semester (16 - 18 Hours)	Course Title	When Offered	Prerequisites & Notes
KNES 4121 (3)	Pharmacology for the Physically Active*	Fall, Summer	KNES 3280
KNES 4286 (3)	Exercise Prescription*	Fall, Summer	KNES 3286 and KNES 3287
KNES 4293 (3)	Biomechanics*	Fall, Summer	KNES 3280
KNES 4660 (3)	Practitioner Seminar*	Fall	KNES 3286 and KNES 3287
Electives (3 )		All	
Choice of Activity Course* or EXER Concentration Course* or Pre-Professional Health Program			
8th Semester (12 Hours)	Course Title	When Offered	Prerequisites & Notes
KNES 4132 (3)	Lifetime Weight Management and Behavior Change *	Online Spring	KNES 3260 and KNES 4286
KNES 4490 (9)	Exercise Science Internship*	All	Completion of all major courses except

**Notes**

All Prerequisites must be successfully completed before taking a course. Minimum grade of C is required.  
 Courses(\*) required by the major must receive a grade of C or better to be accepted.  
 The Kinesiology Department will accept BIOL 2274 and 2274L as meeting the KNES 2169 and 2169L courses  
 Refer to the EXER Student Handbook for detailed program information.  
 All EXER majors must complete 3 of the approved activity courses before taking KNES 4490



