



## Option 2: *EXSPScience Fitness/Wellness/Pre-Professional*

### *Fitness/Wellness/Pre-Professional*

Increasingly, undergraduate students completing their degrees in the Department of Kinesiology are continuing their education in a variety of health and professional graduate programs. Such programs include: law, medicine, physician's assistant, nursing, physical therapy, occupation therapy, nutrition, and exercise physiology. All such programs require the highest of academic achievement and the dedication to serve people as they seek improved health and well-being.

The Fitness/Wellness/Pre-Professional program provides the foundation for continued study in the health professions and/or in graduate exercise physiology. More importantly the program establishes the philosophical basis for the role of physical activity in the lives and health of the people we serve. Through the curriculum in the Department of Kinesiology, students will come to understand the physical body and how it moves. They will also be exposed to the social-psychological aspects of human movement. Through their study, students will develop an understanding and appreciation of the human body and its tremendous potential. They will come to understand the association between positive lifestyle choices and long-term improvements in health and well-being. This knowledge and understanding is ideal for those students headed toward the allied health professions as well as graduate work in the physiology of exercise.

The Fitness/Wellness/Pre-Professional program is an academically rigorous undergraduate program, as are the requirements for entry into most health professional graduate programs. The program combines the department's Exercise and Sport Science professional application courses with a standard set of prerequisite courses desired by most professional schools. In no way will the curriculum match up with all the possible prerequisites for the various programs mentioned above. Students are advised to check with a number of professional schools to determine the exact set of prerequisites. An attempt to incorporate these could be made and limited substitutions in the program of study can be made. Be advised that it might require summer school or additional semesters of work during the undergraduate years to complete this program.

The program is not designed for all students. Selected students must be committed to academic excellence. They must be committed to their major and philosophically open or grounded in the tenants of exercise and sports science. Students must also exhibit a positive lifestyle and master an understanding of the health-related fitness benefits derived from physical activity.



## Option 2: *EXSPScience Fitness/Wellness/Pre-Professional*

The *Kinesiology-EXSPScience Fitness/Wellness/Professional* program is a four-year program of study consisting of 96 hours of course work including the foundational science prerequisites for graduate school in the health professions. The required courses and the suggested semester-by-semester plan are as follows:

KN 1201 Introduction to Kinesiology

KN Forms of Movement (FM) and KN 1202

KN 1223 Human Anat & Physio I

KN 1224 Human Anat & Physio II

KN 1444 Movt. Injuries: Prev + Care

KN 2203 Physiol of Physical Act

KN 2204 Motor Behavior  
 KN 2362 Intro to Exer and Spt Sci  
 KN 2364 Applied Tech in Kinesiol  
 KN 3202 Biomech of Physical Act  
 KN 3296 Social-Psych of Phys Act  
 KN 3363 Basic Electrocardiography  
 KN 4279 Hist & Philo of Kines  
 KN 4311 Adv Physiol of Exercise  
 KN 4312 Exer + Nutrient Metab-UG  
 KN 4313 Exercise + Aging-UG  
 KN 4314 NM Prin Strengths & Cond  
 KN 4334 Intro Ex. Testing  
 KN 4385 Internship in Ex and Spt Sci (Optional)  
 PH 1104 Nutrition and Health  
 Chem 1031-1034 General Chemistry I-II  
 Bio 1011-1012 General Biology I-II  
 Phys 1011-1012 College Physics I-II  
 Psych Advanced Psychology (2301 or above)  
 Soc Advanced Sociology (2000 or above)  
 Statistics (2102 or Psych 2168)  
 Advanced First Aid/CPR/AED or equivalence

**All program courses must be completed with a grade of C- or higher.**

The four-year program of study follows:

**Bachelor of Science Degree in Kinesiology (KN)**  
**Exercise and Sport Science - Fitness/Wellness/Pre-Professional 4-Year Plan**

**Freshman**

Course	Fall	Credit	Course	Spring	Credit
KN 1201 Introduction to Kinesiology		3	KN 1224 Human Anat & Physio II		4
KN 1223 Human Anat & Physio I		4	IH 1196 Intellectual Heritage		3
Bio 1011 General Biology I		4	Bio 1012 General Biology II		4
Eng 1002 Composition		3	Quant Analysis (QA) (Int' Algebra)		3
Psych 1061 Psychology as a Social Science		3	ELECTIVE		3
		17			17

**Sophomore**

Course	Fall	Credit	Course	Spring	Credit
--------	------	--------	--------	--------	--------

Chem 1031, 1033 General Chemistry I	4	Chem 1032, 1034 General Chemistry II	4
KN 2204 Motor Behavior	3	KN 1444 Movt. Injuries: Prev + Care	3
IH 1297 Intellectual Heritage	3	AR Art Core	3
PH1104 Nutrition and Health	3	Lang/Int'l Std's (LA)/(IS)	3
Quant Analysis (QB) (Statistics)	3	KN Forms of Movement	1
KN Forms of Movement	1-2	ELECTIVE	3
	17-18		17

### Junior

Fall	Credit	Spring	Credit
Course		Course	
Phys 1011 College Physics I	4	Phys 1012 College Physics II	4
RS Studies in Race	3	KN 2362 Intro to Exer and Spt Sci	3
KN 1202 Concepts in Hlth-Rel Fit	2	KN 2364 Applied Tech in Kinesiolo	3
KN 2203 Physiol of Physical Act	4	KN 3296 Social-Psych of Phys Act	3
AC R American Culture	3	Lang/Int'l Std's (LA)/(IS)	3
KN Forms of Movement	1-2	KN Forms of Movement	1-2
	17-18		17-18

### Senior

Fall	Credit	Spring	Credit
Course		Course	
KN 3202 Biomech of Physical Act	4	KN 4334 Intro Ex. Testing	4
KN 3363 Basic Electrocardiography	3	KN 4314 NM Prin Strengths & Cond	4
KN 4279 Hist & Philo of Kines	3	KN 4312 Exer + Nutrient Metab-UG	3
KN 4311 Adv Physiol of Exercise	3	KN 4313 Exercise + Aging-UG	3
Soc Advanced Sociology	3	Psych Advanced Psychology	3
KN Forms of Movement	1-2		17-18
	17-18		

Note. Summer Internship Highly Recommended.

Writing electives should be taken within other Core requirements.

KN Forms of Movement (activity course or workshop)