

# Bachelor of Science in Kinesiology Exercise Science and Fitness Management

## SAMPLE DEGREE PROGRAM

### Personal Fitness (Community)

General Education Requirements <sup>1</sup>			
	Grade	S.H.	Gr. Pt.
ENGL1301 Composition I		3	
ENGL 1302 Composition II		3	
ENGL Literature		3	
Communication 1315		3	
MATH 1314 Algebra		3	
PSYC 2471 Statistics		3	
BIOL 2401 Anatomy and Phys.		4	
BIOL 2402 Anatomy and Phys.		4	
HIST 1301 US History to 1877		3	
HIST 1302 US History from 1877		3	
POLS 2301		3	
POLS 2302		3	
ACCT 1301		3	
Fine Arts		3	
PHIL 1370		3	
PEGA		1	
Total		<b>48</b>	
Pre Professional Courses			
KINA 2378 Fitness Concepts		3	
ENGL 3310 Technical Writing		3	
PEGA		2	
Total		<b>9</b>	
<b>General Education Total</b>		<b>56</b>	

Professional Program (52 hours)			
A grade of "C" is required	Grade	S.H.	Gr. Pt.
KINT 1301 Intro PE		3	
FCSC 1322 Nutrition/Diet		3	
HLTH 1370 Health & Well.		3	
KINT 3315 Mechanical Principles of Human Movement		3	
KINT 3330 Exercise Physiology		3	
KINT 3130 Exercise physiology Lab		1	
KINT 3340 Metabolic Effects of Sports and Exercise		3	
HLTH 3360 Health Science and Epidemiology		3	
KINT 3380 Testing Procedures and Measurement in Exercise Science		3	
KINT 4350 Exercise Prescription		3	
KINT 4355 Fitness for Special Populations		3	
KINT 4630 Internship		6	
<b>Personal Fitness Track</b>		<b>9</b>	
KINT 3310 Instructional Strategies		3	
KINT 3322 Strength and Conditioning		3	
KINT 3352 Practicum		3	
<b>Electives</b>		<b>6</b>	
		3	
		3	
<b>Emphasis Area</b>		<b>12</b>	
<b>KINA 3390 Movement Exp.</b>		3	
<b>KINT 3320 Management Skills</b>		3	
<b>KINT 3350 Atypical Child</b>		3	
<b>KINT 3370 Motor Developmnt.</b>		3	
<b>General Education Total</b>		<b>56</b>	
<b>Professional Program</b>		<b>52</b>	
<b>Emphasis Area</b>		<b>12</b>	
<b>Degree Plan Total</b>		<b>120</b>	

<sup>1</sup> Refer to the Philosophy of Knowledge Core, p. 15 of the General Catalog



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Douglas Boatwright Ph. D. –  
Chair

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Date