

## EXERCISE SCIENCE MAJOR PRE-AT COURSE SEQUENCE

The following course sequence is recommended; however, the schedule is flexible.

BIOL 221 must be taken before taking KIN 321. KIN 150 should be taken as early as possible and before KIN 321. MATH 115 must be completed before taking KIN 310. KIN 200 must be taken before KIN 300, and KIN 300 must be taken before KIN 383. Additionally, KIN 321 must be completed before taking KIN 421. KIN 321, 310, CHEM Pre-req., and MATH 115 must be completed before taking KIN 422.

The following sequence of courses serves as a suggestion only. AT schools may have different prerequisites; therefore, you should see the health professions advisor **AND** an exercise science advisor as soon as possible. In addition, you should check the required courses for graduate schools to which you plan to apply.

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
CHEM 125/127 – General Chemistry I & Lab OR CHEM 131/132 – Intensive General Chemistry & Lab  MATH 115 – Intro to Statistics  KIN 150 – Intro to Writing in Exercise Science  *PSY 100 – Intro Psychology OR other General Education classes	*BIO 105/107 – General Biology I & Lab  BIOL 221/221L – Human Physiology & Lab	KIN 300/300L – Anatomical Kinesiology & Lab  KIN 342 – Injury Management & Care  *PSY 230/230F – Developmental Psychology & Field Placement  *PHYS 105/107 – College Physics I & Lab	KIN 499 – Special Studies OR KIN 299 – Internships  IN 421/421L – Clinical Exercise Physiology & Lab
SPRING	SPRING	SPRING	SPRING
KIN 200/200L - Human Anatomy & Lab  KIN 150 – Intro to Writing in Exercise Science (if not taken)	KIN 200/200L – Human Anatomy & Lab (if not previously taken)  KIN 310/310L – Research Methods & Lab  KIN 208 – Intro to Nutrition (OR take Junior year)  KIN 321/321L – Exercise Physiology & Lab	KIN 383/383L – Biomechanics & Lab  KIN 208 – Intro to Nutrition (if not previously taken)	KIN 422/422L – Regulation of Human Metabolism & Lab

\*NOT required for exercise science major, but required for most AT programs. Check requirements for intended grad schools.

## EXERCISE SCIENCE MAJOR PRE-ATHLETIC TRAINING SEQUENCE

### **REQUIRED COURSES:**

		<u>Credits</u>	<u>Sem</u>	<u>Prerequisites</u>
KIN 150	Introduction to Writing in Exercise Science	1	F/S	
KIN 200/200L	Human Anatomy (BIO 222)	3+1	F/S	
KIN 208	Introduction to Nutrition	3	F/S	
KIN 300/300L	Anatomical Kinesiology	3+.50	F	KIN 200/200L
KIN 310/310L	Research Methods in Kinesiology	3+1	F/S	MATH 115
KIN 321/321L	Exercise Physiology & Lab	3+1	F/S	BIO 221
KIN 383/383L	Biomechanics	3+.50	S	KIN 200/200L; KIN 300/300L
KIN 421/421L	Clinical Exercise Physiology & Lab	3+1	F/S	KIN 321/321L; BIO 221
KIN 422/422L	Regulation of Human Metabolism	3+1	F/S	KIN 310/310L; KIN 321/321L, and CHEM Pre-req.
KIN 499	Special Studies in Exercise Science	3	F/S	KIN 310/310L
OR				
KIN 299	Internships	3	F/S/Summer	

### **REQUIRED CORE COURSES:**

CHEM 125/127	General Chemistry I & Lab	3+1	F
BIOL 221/221L	Human Physiology & Laboratory	3+1	F
MATH 115	Introductory Statistics	3	F/S

### **REQUIRED BY MOST AT SCHOOLS: (additional classes not required for exercise science major)**

KIN 342	Injury Management and Care	3	F	KIN 200/200L; KIN 300/300L
BIO 105/107	General Biology I & Lab	3+1	F	
PHYS 105/107	College Physics I & Lab	3+1	F	MATH 123 or MATH 125 or MATH or MATH 131
PSY 100	Introduction to Psychology	3	F/S	
PSY 230/230F	Developmental Psych. & Field Placement	3+1	F/S	PSY 100

### **REQUIRED BY SOME AT SCHOOLS: (not included in suggested sequence)**

KIN 209	Medical Terminology	2	S/May	
KIN 301	Motor Development	3	S	
KIN 325	Science of Strength, Conditioning and Power	3	F	KIN 321/321L
KIN 371	Sport and Performance Psychology	3	F	
BIO 106/108	General Biology II & Lab	3+1	S	
CHEM 126/128	General Chemistry II & Lab	3+1	S	C- or better in CHEM 125
PHYS 106/108	College Physics II & Lab	3+1	S	