

## KPE Exercise Science - 120 Credit Hours

Admission to advanced standing (Junior Year) and acceptance for final internship requires an overall GPA of 2.75

| General Education  | Course Title   | Course  | Offered<br>Fall/Spring | Semester | Grade | Recommended<br>Courses/Prerequisite                           |
|--|--|---------|------------------------|----------|-------|---|
| <b>A. Science (16cr)</b>                                 | ◆Basic Biology (4cr)   | BIO 100 | Fall/Spring            |          |       |   |
|  | Anat. & Physiology (4cr)   | BIO 208 | Spring                 |          |       | ◆ BIO 100, or BMB 280<br>and PHY 122 and CHY<br>122 & CHY 124 |
|  | Gen. Chemistry-CHY 121/123 (4cr)<br>Or Fund. of Chem.-BMB 207/209<br>(4cr) |         | Fall                   |          |       |   |
|  | Gen. Physics (4cr)   | PHY 111 | Fall                   |          |       |   |
| <b>B. Mathematics (6cr)</b>                              | Math (3cr)   |         |                        |          |       |   |
|  | Math (3cr)   |         |                        |          |       |   |
| <b>C. Human Values<br/>and Social Context<br/>(18cr)</b> | Western Cultural Tradition (3cr)   |         |                        |          |       |   |
|  | Social Context & Institutions (3cr)  | PSY 100 | Fall/Spring            |          |       |   |
|  | Cultural Diversity (3cr)   |         |                        |          |       |   |
|  | Population & Environment (3cr)   |         |                        |          |       |   |
|  | Artistic/Creative Expression (3cr)   |         |                        |          |       |   |
|  | Electives (3cr)  |         |                        |          |       |   |
| <b>D. Demonstrated<br/>Writing Competency<br/>(9cr)</b>  | *College Composition (3cr)   | ENG 101 | Fall/Spring            |          |       |   |
|  | Writing Intensive Course (3cr) -<br>Outside KPE                            | ENG 317 | Fall/Spring            |          |       |   |
|  | Hlth Pro/Disease Prevent (3cr)   | KPE 425 | Fall/Spring            |          |       | Junior Standing or<br>Instructor permission                   |
| <b>E. Capstone<br/>Experience (3-6cr)</b>                | Internshlp (3-6cr)   | KPE 427 | Fall/Spring            |          |       | KPE 426 and<br>Department Consent<br>Required                 |
|  | Alternative (3-6cr)  |         |                        |          |       |   |

\*Min. grade C or >

◆Min. grade C- or >

|   | Course Title  | Course  | Offered<br>Fall/Spring | Semester | Grade | Recommended<br>Courses/Prerequisite |
|---|---|---------|------------------------|----------|-------|-------------------------------------|
| Theory and<br>Foundations (24cr)  | Prev./Care Ath. Inj. (3cr)  | KPE 250 | Fall/Spring            |          |       |                                     |
|   | Lifetime Fitness for Health (3cr)   | KPE 253 | Fall/Spring            |          |       |                                     |
|   | Methods of Teaching Phy Act (3cr)   | KPE 262 | Fall/Spring            |          |       |                                     |
|   | Motor Development (3cr)   | KPE 270 | Fall/Spring            |          |       |                                     |
|   | Anatomy & Path Athl Injur. (3cr)  | KPE 307 | Fall/Spring            |          |       | BIO 208 or KPE 250                  |
|   | Adapted Phy Ed (3cr)  | KPE 367 | Fall/Spring            |          |       |                                     |
|   | Kinesiology (3cr)   | KPE 376 | Fall/Spring            |          |       | KPE 307                             |
|   | Physiology of Exercise (3cr)  | KPE 378 | Fall/Spring            |          |       | BIO 208                             |
| Professional<br>Education (27cr)  | ★Intro to Food & Nutrition (3cr)  | FSN 101 | Fall/Spring            |          |       |                                     |
|   | Instruction & Assessment w/ Technology in Phy<br>Ed & Exercise Prescription (3cr) | KPE 304 | Fall/Spring            |          |       |                                     |
|   | ★Exer Presc & Leadership (3cr)  | KPE 426 | Fall/Spring            |          |       | KPE 378                             |
|   | ★Nutrition for Sports & Exercise<br>(3cr)   | KPE 490 | Fall/Spring            |          |       | FSN 101 and KPE 378                 |
| Required courses(*)<br>plus<br>12-16cr from any<br>combo of Lab Sci.,<br>Applied Sci., or<br>Add'l KPE courses<br>(w/ Instructor<br>permission) |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
| General Electives<br>(13-20cr)  | Course Title  | Course  | Credits                | Semester | Grade |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |
|   |   |         |                        |          |       |                                     |

Fall 2018

**Suggested Program of Study for Exercise Science:  
Science  
Fall 2018**

|  |                 |  |                 |
|--|-----------------|--|-----------------|
| <u>1<sup>st</sup> Year – 1<sup>st</sup> Semester</u> | <u>(14 hrs)</u> | <u>1<sup>st</sup> Year – 2<sup>nd</sup> Semester</u> | <u>(16 hrs)</u> |
| BIO 100- Basic Biology                               | 4               | BIO 208- Anat & Phys                                 | 4               |
| EHD 100- New Student                                 | 1               | Gen Ed   | 3               |
| ENG 101- College Comp                                | 3               | Gen Ed   | 3               |
| KPE 253- Lifetime Fitness                            | 3               | KPE 262- Methods of Teach                            | 3               |
| Gen Ed   | 3               | PSY 100- General Psy                                 | 3               |
| <br>   |                 |  |                 |
| <u>2<sup>nd</sup> Year – 1<sup>st</sup> Semester</u> | <u>(16 hrs)</u> | <u>2<sup>nd</sup> Year – 2<sup>nd</sup> Semester</u> | <u>(16 hrs)</u> |
| BMB 207 or CHY121                                    | 4               | KPE 304 Instr&Assess w/ Tech in PE &<br>Ex Rx        | 3               |
| FSN 101- Intro to Food                               | 3               | KPE 270- Motor Dev                                   | 3               |
| KPE 250- Prev/Care Ath Inj                           | 3               | KPE 376- Kinesiology                                 | 3               |
| KPE 307- Anat & Path                                 | 3               | KPE 378- Ex Physiology                               | 3               |
| Elective   | 3               | Lab Science  | 4               |
| <br>   |                 |  |                 |
| <u>3<sup>rd</sup> Year – 1<sup>st</sup> Semester</u> | <u>(17 hrs)</u> | <u>3<sup>rd</sup> Year – 2<sup>nd</sup> Semester</u> | <u>(16 hrs)</u> |
| Gen Ed   | 3               | ENG 317  | 3               |
| KPE 425- Health Promo                                | 3               | KPE 367- Adapt PE                                    | 3               |
| KPE 426- Ex Rx & Leader                              | 3               | Math Gen Ed  | 3               |
| PHY 111- Gen Physics                                 | 4               | KPE 490- Nutr Sports & Ex                            | 3               |
| Lab Science  | 4               | Lab Science  | 4               |
| <br>   |                 |  |                 |
| <u>4<sup>th</sup> Year – 1<sup>st</sup> Semester</u> | <u>(13 hrs)</u> | <u>4<sup>th</sup> Year – 2<sup>nd</sup> Semester</u> | <u>(12 hrs)</u> |
| Elective   | 3               | Electives  | 6-9             |
| Elective   | 3               | KPE 427- Intern (Capstone)                           | 3-6             |
| Gen Ed   | 3               |  |                 |
| Lab Science  | 4               |  |                 |