

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

SUGGESTED 4-YEAR SEQUENCE (CATALOG YEAR 2022-2023 - UPDATED JUNE 2022)

This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.

YEAR 1					
FALL			SPRING		
ENG 1001G	College Composition I	3	KSR 1500	KSR as a Profession	2
CMN 1310G	Intro to Speech Communication	3	KSR 2440	Structural Kinesiology	3
GEN XXXX	Gen Ed Physical Science	3-4	KSR 1310	Aqua Exercise	1
GEN XXXX	Gen Ed Social/Behavioral Science	3	ENG 1002G	College Composition II	3
GEN XXXX	Gen Ed Humanities or Fine Arts	3	MAT XXXX	Gen Ed Mathematics	3
			GEN XXXX	Gen Ed Humanities	3
Total		15-16	Total		15
YEAR 2					
FALL			SPRING		
BIO 2210	Anatomy and Physiology I	4	KSR 1600	Intro to Resist. Training	2
KSR 2850	Fitness for Life	3	KSR 1692	Intro to Group Fitness	1
NTR 2100	Personal Nutrition	3	KSR 3720	Exercise Psychology	2
GEN XXXX	Gen Ed Fine Arts	3	KSR 3800	Biomechanics of Human Movement	3
GEN XXXX	Gen Ed Social/Behavioral Science	3	BIO 2220	Anatomy and Physiology II	4
			GEN XXXX	Gen Ed Social/Behavioral Science	3
			XXX XXXX	Elective	3
Total		16	Total		18
YEAR 3					
FALL			SPRING		
KSR 4340	Principles of Exercise Physiology	3	KSR 4440	Physical Fitness Appraisal	3
KSR 3104	Resistance Training/Group Fitness	2	KSR 3860	Org & Admin in Spt Mgt/Ex Sci	3
BIO XXXX	Gen Ed Biological Sciences	3-4	KSR 4900	Special Topics in KSR	1
XXX XXXX	Foreign Language or Elective	3-4	KSR 4900	Special Topics in KSR	1
XXX XXXX	Elective	3	NTR 3757	Nutrition for Physical Performance	3
XXX XXXX	Elective	2	XXX XXXX	Foreign Language or Elective	3-4
			XXX XXXX	Elective	3
Total		16-18	Total		17-18
YEAR 4					
FALL			SPRING		
KSR 4450	Exercise Prescription	3	KSR 4275	Internship	6-9
KSR 4460	Principles of Resistance Training	3			
KSR 4900	Special Topics in KSR	1			
KSR 4274	Pre-Internship in KSR	1			
EIU XXXX	Senior Seminar	3			
XXX XXXX	Elective	3			
XXX XXXX	Elective	3			
Total		17	Total		6-9

TOTAL MAJOR COURSEWORK: 120-124 HRS

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- All Exercise Science students are not accepted into major and cannot take any upper division KSR courses until they have taken BIO 2210, KSR 1500 and KSR 2440 and received a grade of "C" or better in each course.
- Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 - Internship.
- Exercise Science major students may receive a grade in 3000 and 4000-level Kinesiology and Sports Studies courses a maximum of two times. After a grade has been recorded in a 3000 or 4000-level KSR course at EIU, the Department of Kinesiology, Sport, and Recreation will not accept subsequent transfer of an equivalent course from another institution unless the KSR department has given prior written approval to enroll in the specific course at the specific institution. If after a second grade has been recorded for a given course and the student has not received a grade of C or better, the student will not be allowed to continue as an Exercise Science major and shall consult with his or her advisor to select a different major.