



# BS IN EXERCISE SCIENCE PRE-OCCUPATIONAL THERAPY

AT EASTERN ILLINOIS UNIVERSITY

|          |  |
|----------|--|
| NAME     |  |
| E NUMBER |  |
| CATALOG  |  |

2024-2025

## GENERAL REQUIREMENTS: 40 HRS

### LANGUAGE: 9 HRS

Grade of "C" or better is required.

| COURSE                                     | HOURS | GRADE | SEMESTER |
|--|-------|-------|----------|
| <b>ENG 1001G</b> Composition & Language    | 3     |       |          |
| <b>ENG 1002G</b> Composition & Language II | 3     |       |          |
| <b>CMN 1310G</b> Intro. to Speech Comm.    | 3     |       |          |

### HUMANITIES/FINE ARTS: 9 HRS

| COURSE                               | HOURS | GRADE | SEMESTER |
|--------------------------------------|-------|-------|----------|
| <b>Humanities</b> _____              | 3     |       |          |
| <b>Fine Arts</b> _____               | 3     |       |          |
| <b>Humanities or Fine Arts</b> _____ | 3     |       |          |

### SOCIAL/BEHAVIORAL SCIENCE: 9 HRS

Must be from two different disciplines. One course must meet Cultural & Diversity requirement

| COURSE           | HOURS | GRADE | SEMESTER |
|------------------|-------|-------|----------|
| <b>PSY 1879G</b> | 3     |       |          |
| <b>SOC1838G</b>  | 3     |       |          |
|                  | 3     |       |          |

## EXERCISE SCIENCES CORE REQ.: 54-57 HRS

| COURSE  | HOURS | GRADE | SEMESTER |
|---|-------|-------|----------|
| <b>BIO 2210*</b> Anatomy & Physiology I                                   | 4     |       |          |
| <b>BIO 2220</b> Anatomy & Physiology II                                   | 4     |       |          |
| <b>NTR 2100</b> Personal Nutrition  | 3     |       |          |
| <b>NTR 3757</b> Nutrition for Physical Perform.                           | 3     |       |          |
| <b>KSR 1500*</b> KS&R as a Profession                                     | 1     |       |          |
| <b>KSR 1600</b> Intro to Resistance Training                              | 2     |       |          |
| <b>KSR 1692</b> Intro to Group Fitness                                    | 1     |       |          |
| <b>KSR 2440*</b> Structural Kinesiology                                   | 3     |       |          |
| <b>KSR 2850</b> Fitness for Life  | 3     |       |          |
| <b>KSR 3104</b> Functional Resistance Training & Group Fitness Leadership | 3     |       |          |
| <b>KSR 3340</b> Principles of Exercise Phys.                              | 3     |       |          |
| <b>KSR 3720</b> Exercise Psychology                                       | 3     |       |          |
| <b>KSR 3800</b> Biomechanics of Human Mvmt                                | 3     |       |          |
| <b>KSR 3860</b> Organization & Administration in Exercise Science         | 3     |       |          |
| <b>KSR 4274</b> Pre-Internship & Career Development in KS&R               | 1     |       |          |
| <b>KSR 4275</b> Internship  | 6-9   |       |          |
| <b>KSR 4440</b> Physical Fitness Appraisal & Performance Assessment       | 3     |       |          |
| <b>KSR 4450</b> Exercise Prescription for General & Special Populations   | 4     |       |          |
| <b>KSR 4460</b> Principles of Resist. Training                            | 3     |       |          |
| <b>KSR 4900</b> Special Topics in KS&R                                    | 1     |       |          |
| <b>KSR 4900</b> Special Topics in KS&R                                    | 1     |       |          |
| <b>KSR 4900</b> Special Topics in KS&R                                    | 1     |       |          |

## SCIENCE AWARENESS: 7 HRS

One biological and one physical science course, one of which must involve a lab.

| COURSE   | HOURS | GRADE | SEMESTER |
|--|-------|-------|----------|
| <b>BIO</b> _____ Lab? <input type="checkbox"/> |       |       |          |
| <b>CHEM 1310/1315</b>                          | 4     |       |          |

## MATHEMATICS: 3 HRS

| COURSE           | HOURS | GRADE | SEMESTER |
|------------------|-------|-------|----------|
| <b>MAT 2250G</b> | 4     |       |          |

## SENIOR SEMINAR: 3 HRS

Senior topic must be outside the major area. See Undergraduate Catalog for Senior Seminars outside of Human Services.

| COURSE           | HOURS | GRADE | SEMESTER |
|------------------|-------|-------|----------|
| <b>EIU</b> _____ | 3     |       |          |

## FOREIGN LANGUAGE: 0-8 HRS

Exempt if 2 yrs in high school with "C" average.

| COURSE                   | HOURS | GRADE | SEMESTER |
|--------------------------|-------|-------|----------|
| <b>WL</b> _____ <b>G</b> | 4     |       |          |
| <b>WL</b> _____ <b>G</b> | 4     |       |          |

## ADDITIONAL PRE-OT OPTION COURSES

| COURSE               | HOURS | GRADE | SEMESTER |
|----------------------|-------|-------|----------|
| <b>PSY 3515</b>      | 3     |       |          |
| <b>PSY 3780</b>      | 3     |       |          |
| <b>NUR 2613</b>      | 3     |       |          |
| <b>PHY 1151/1152</b> | 4     |       |          |
|                      |       |       |          |
|                      |       |       |          |
|                      |       |       |          |
|                      |       |       |          |

## GENERAL ELECTIVES:

Select elective courses in any field to complete the graduation requirement of 120 semester hours.

| COURSE | HOURS | GRADE | SEMESTER |
|--------|-------|-------|----------|
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |
|        |       |       |          |

Consult Catalog for pre-requisites

\*grade of C or better required fro admssion to the Exercise Science Major

## GRADUATION REQUIREMENTS:

|  |
|--|
| <input type="checkbox"/> 120 Hours                               |
| <input type="checkbox"/> 40 SH of upper division courses (3000+) |
| <input type="checkbox"/> 30 SH in residence at EIU               |
| <input type="checkbox"/> 30 SH junior-senior residency           |
| <input type="checkbox"/> 12 SH senior residency                  |
| <input type="checkbox"/> 56 SH at senior institution             |

|   |
|---|
| <input type="checkbox"/> 2.00 Cumulative GPA  |
| <input type="checkbox"/> 2.00 Major GPA   |
| <input type="checkbox"/> Cultural Diversity   |
| <input type="checkbox"/> Application for Graduation (First semester junior year)                            |
| <input type="checkbox"/> Electronic Writing Portfolio 1 <input type="checkbox"/> 2 <input type="checkbox"/> |
| See <a href="http://www.eiu.edu/~assess/">www.eiu.edu/~assess/</a> for requirements                         |

# BS IN EXERCISE SCIENCE PRE-OCCUPATIONAL THERAPY OPTION

## SUGGESTED 4-YEAR SEQUENCE

| YEAR 1 MUST EARN 30+ SH FOR SOPHOMORE STATUS |       |                            |       |
|--|-------|----------------------------|-------|
| FALL   |       | SPRING                     |       |
| ENG 1001G                                    | 3     | KSR 1500                   | 1     |
| CMN 1310G                                    | 3     | KSR 2440                   | 3     |
| BIO Gen Ed.                                  | 4     | ENG 1002G                  | 3     |
| PSY 1879G                                    | 3     | Social/Behavioral Sciences | 3     |
| Humanities                                   | 3     | Fine Arts                  | 3     |
| Total  | 16    | Total                      | 13    |
| YEAR 2 MUST EARN 60+ SH FOR JUNIOR STATUS    |       |                            |       |
| FALL   |       | SPRING                     |       |
| BIO 2210                                     | 4     | KSR 1692                   | 1     |
| KSR 1600                                     | 2     | KSR 3800                   | 3     |
| KSR 2850                                     | 3     | NTR 3757                   | 3     |
| NTR 2100                                     | 3     | BIO 2220                   | 4     |
| Humanities/Fine Arts                         | 3     | PSY 3515                   | 3     |
| SOC 1838G                                    | 3     |                            |       |
| Total  | 18    | Total                      | 14    |
| YEAR 3 MUST EARN 90+ SH FOR SENIOR STATUS    |       |                            |       |
| FALL   |       | SPRING                     |       |
| KSR 3340                                     | 3     | KSR 4440                   | 3     |
| KSR 3104                                     | 3     | KSR 3860                   | 3     |
| CHM 1310                                     | 3     | KSR 4900                   | 2     |
| CHM 1315                                     | 1     | PSY 3780                   | 3     |
| MAT 2250G                                    | 4     | NUR 2613                   | 3     |
| Foreign Language/Elective                    | 3-4   | Foreign Language/Elective  | 3-4   |
| Total  | 17-18 | Total                      | 17-18 |
| YEAR 4 MUST EARN 120 SH TO GRADUATE          |       |                            |       |
| FALL   |       | SPRING                     |       |
| KSR 4450                                     | 4     | KSR 4275 Internship        | 6     |
| KSR 4460                                     | 3     |                            |       |
| KSR 4900                                     | 1     |                            |       |
| KSR 4274                                     | 1     |                            |       |
| KSR 3720                                     | 3     |                            |       |
| PHY 1151G                                    | 3     |                            |       |
| PHY 1152G                                    | 1     |                            |       |
| Senior Seminar                               | 3     |                            |       |
| Total  | 19    | Total                      | 6     |

## NOTES, QUESTIONS, MINOR REQUIREMENTS:

1. For a listing of General Education courses, see catalog.
2. A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
3. 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.