



BS IN EXERCISE SCIENCE PRE-ATHLETIC TRAINING OPTION AT EASTERN ILLINOIS UNIVERSITY

NAME	
E NUMBER	
CATALOG	

2025-2026

GENERAL REQUIREMENTS: 40 HRS

LANGUAGE: 9 HRS

Grade of "C" or better is required.

COURSE	HOURS	GRADE	SEMESTER
ENG 1001G Composition & Language	3		
ENG 1002G Composition & Language II	3		
CMN 1310G Intro. to Speech Comm.	3		

HUMANITIES/FINE ARTS: 9 HRS

COURSE	HOURS	GRADE	SEMESTER
Humanities _____	3		
Fine Arts _____	3		
Humanities or Fine Arts _____	3		

SOCIAL/BEHAVIORAL SCIENCE: 9 HRS

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

COURSE	HOURS	GRADE	SEMESTER
PSY 1879G	3		
SOC1838G	3		
	3		

EXERCISE SCIENCES CORE REQ.: 57-60 HRS

COURSE	HOURS	GRADE	SEMESTER
BIO 2210* Anatomy & Physiology I	4		
BIO 2220 Anatomy & Physiology II	4		
NTR 2100 Personal Nutrition	3		
NTR 3757 Nutrition for Physical Perform.	3		
KSR 1500* KSR as a Profession	1		
KSR 1600 Intro to Resistance Training	2		
KSR 1692 Intro to Group Fitness	1		
KSR 2440* Structural Kinesiology	3		
KSR 2850 Fitness for Life	3		
KSR 3104 Functional Resistance Training & Group Fitness Leadership	3		
KSR 3135 Orthopedic Pathologies HCP	3		
KSR 3340 Principles of Exercise Phys.	3		
KSR 3720 Exercise Psychology	3		
KSR 3800 Biomechanics of Human Mvmt	3		
KSR 3860 Organization & Administration in Exercise Science	3		
KSR 4274 Pre-Internship & Career Development in KSR	1		
KSR 4275 Internship	6-9		
KSR 4440 Physical Fitness Appraisal & Performance Assessment	3		
KSR 4450 Exercise Prescription for General & Special Populations	4		
KSR 4460 Principles of Resist. Training	3		
KSR 4500 Research and Statistics in KSR	3		
PLUS 3 SEMESTER HOURS FROM THE LIST BELOW			

KSR 3901 Olympic Style Weightlifting Techniques (1 hr)
KSR 3902 Neuromotor Training for Older Adults (1 hr)
KSR 3903 Intro to Pharmacology for the Pre-Healthcare Professional (1 hr)

KSR 3904 ECG Rhythm Strip Analysis & Interpretation (1 hr)
KSR 3905 Effects of Cardiopulmonary Meds on Exercise Response (1 hr)

KSR 4902 Chronic Diseases/Conditions & Effects on Exercise Testing & Prescription

SCIENCE AWARENESS: 7 HRS

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

COURSE	HOURS	GRADE	SEMESTER
BIO 2005G	4		
CHEM 1310/1315	4		

MATHEMATICS: 3 HRS

COURSE	HOURS	GRADE	SEMESTER
MAT 2250G	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
EIU _____	3		

FOREIGN LANGUAGE: 0-8 HRS

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

COURSE	HOURS	GRADE	SEMESTER
WL _____ G	4		
WL _____ G	4		

ADDITIONAL PRE-AT OPTION COURSES

COURSE	HOURS	GRADE	SEMESTER
NUR 2613	3		
PHY 1151/1152	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 for admission 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 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/>
See www.eiu.edu/~assess/ for requirements

BS IN EXERCISE SCIENCE PRE-ATHLETIC TRAINING 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 2005G	4	MAT 2250G	4
PSY 1879G	3	ENG 1002G	3
Humanities	3	Social/Behavioral Science	3
KSR 1310	1	Fine Arts	3
Total	17	Total	17
YEAR 2 MUST EARN 60+ SH FOR JUNIOR STATUS			
FALL		SPRING	
BIO 2210	4	NUR 2613	3
KSR 2850	3	KSR 1692	1
NTR 2100	3	KSR 3800	3
Humanities/Fine Arts	3	NTR 3757	3
SOC 1838	3	BIO 2220	4
KSR 1600	2	Free Elective	3
Total	18	Total	17
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 Elective	2
CHM 1315	1	Senior Seminar	3
KSR 3135	3	KSR 3720	3
Foreign Language/Elective	3-4	Foreign Language/Elective	3-4
Total	16-17	Total	17-18
YEAR 4 MUST EARN 120 SH TO GRADUATE			
FALL		SPRING	
KSR 4450	4	KSR 4275 Internship	6
KSR 4460	3		
KSR Elective	1		
KSR 4274	1		
KSR 4500	3		
PHY 1151G	3		
PHY 1152G	1		
Total	16	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.