



# BS IN EXERCISE SCIENCE PRE-PHYSICAL THERAPY OPTION AT EASTERN ILLINOIS UNIVERSITY

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

2025-2026

## 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 &amp; Diversity requirement

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

## SCIENCE AWARENESS: 7 HRS

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

| COURSE                | HOURS | GRADE | SEMESTER |
|-----------------------|-------|-------|----------|
| <b>BIO 1550G</b>      | 4     |       |          |
| <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     |       |          |

## 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     |       |          |

### 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 and Interpretation (1 hr)**KSR 3905** Effects of Cardiopulmonary meds on Exercise Response (1 hr)**KSR 4902** Chronic Diseases/Conditions & Effects on Exercise Testing & Prescription

## ADDITIONAL PRE-PT OPTION COURSES

| COURSE               | HOURS | GRADE | SEMESTER |
|----------------------|-------|-------|----------|
| <b>BIO 1500</b>      | 4     |       |          |
| <b>PSY 3515</b>      | 3     |       |          |
| <b>CHM 1410/1415</b> | 4     |       |          |
| <b>NUR 2613</b>      | 3     |       |          |
| <b>PHY 1151/1152</b> | 4     |       |          |
| <b>PHY 1161/1162</b> | 4     |       |          |
| <b>PSY 3780</b>      | 3     |       |          |
|                      |       |       |          |
|                      |       |       |          |
|                      |       |       |          |

## 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 <a href="http://www.eiu.edu/~assess/">www.eiu.edu/~assess/</a> for requirements  |

# BS IN EXERCISE SCIENCE PRE-PHYSICAL 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 1500                                     | 4     | ENG 1002G                  | 3     |
| PSY 1879G                                    | 3     | BIO 1550G                  | 4     |
| Humanities/Fine Arts                         | 3     | Humanities                 | 3     |
| Total  | 16    | Total                      | 14    |
| 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     | Social/Behavioral Sciences | 3     |
| NTR 2100                                     | 3     | BIO 2220                   | 4     |
| 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     | NTR 3757                   | 3     |
| CHM 1315                                     | 1     | CHM 1410                   | 3     |
| MAT 2250G                                    | 4     | CHM 1415                   | 1     |
| Foreign Lang. if needed                      | 3-4   | NUR 2613                   | 3     |
|  |       | Foreign Lang. if needed    | 3-4   |
| Total  | 17-18 | Total                      | 19-20 |
| SUMMER                                       |       |                            |       |
| PHY 1151/52                                  | 4     |                            |       |
| PHY 1161/62                                  | 4     |                            |       |
| Total  | 8     |                            |       |
| YEAR 4 MUST EARN 120 SH TO GRADUATE          |       |                            |       |
| FALL   |       | SPRING                     |       |
| KSR 4450                                     | 4     | KSR 4275 Internship        | 6     |
| KSR 4460                                     | 3     |                            |       |
| KSR Elective                                 | 3     |                            |       |
| KSR 4274                                     | 1     |                            |       |
| KSR 3720                                     | 3     |                            |       |
| Senior Seminar                               | 3     |                            |       |
| PSY 3780                                     | 3     |                            |       |
| Total  | 20    | 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.