

2025-2026

<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

# BACHELOR OF SCIENCES IN EXERCISE SCIENCE

## 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
Physical Science	4	ENG 1002G	3
Social/Behavioral Science	3	Math	3
Humanities/Fine Arts	3	Humanities	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 3720	3
KSR 2850	3	KSR 3800	3
NTR 2100	3	BIO 2220	4
Fine Arts	3	Social/Behavioral Science	3
Social/Behavioral Science	3	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
Biological Sciences	3	KSR Elective	1
Foreign Language/Elective	3-4	KSR Elective	1
Free Elective	3	NTR 3757	3
		Foreign Language/Elective	3-4
		Free Elective	3
Total	15-16	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		
Senior Seminar	3		
Free Elective	3		
Free Elective	3		
Total	18	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.
4. Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 - Internship.
5. 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.