

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
	3		
	3		
	3		

## **SCIENCE AWARENESS: 7 HRS**

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

	COURSE	HOURS	GRADE	SEMESTER
BIO	_ Lab? 🔲			
Phy. Sci.	Lab? 🔲			

## MATHEMATICS: 3 HRS

COURSE	HOURS	GRADE	SEMESTER
MAT	3		

#### **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
WLG	4		
WLG	4		

## **EXERCISE SCIENCES CORE REQ.: 54-57 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* KS&R 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		
<b>KSR 3104</b> Functional Resistance Training & Group Fitness Leadership	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 KS&R	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		

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

## **GENERAL ELECTIVES:**

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

COURSE	HOURS	GRADE	SEMESTER

## **GRADUATION REQUIREMENTS:**

	120 Hours
Į	40 SH of upper division courses (3000+)
	30 SH in residence at EIU
Į	30 SH junior-senior residency
Į	12 SH senior residency
	56 SH at senior institution

	2.00 Cumulative GPA
	2.00 Major GPA
	Cultural Diversity
	Application for Graduation (First semester junior year)
	Electronic Writing Portfolio 1 2 2
_	See www.eiu.edu/~assess/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 **CMN 1310G** 3 KSR 2440 3 Physical Science 4 **ENG 1002G** 3 Social/Behavioral Science 3 3 Math Humanities/Fine Arts 3 Humanities Total 16 Total 13

#### YEAR 2 MUST EARN 60+ SH FOR JUNIOR STATUS **SPRING** BIO 2210 KSR 1692 4 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 18 17 Total Total

YEAR 3 MUST EARN 90+ SH FOR SENIOR STATUS								
FALL		SPRING						
KSR 3340 KSR 3104 Biological Sciences Foreign Language/Elective Free Elective	3 3 3 3-4 3	KSR 4440 KSR 3860 KSR Elective KSR Elective NTR 3757 Foreign Language/Elective Free Elective	3 3 1 1 3 3-4 3					
Total	15-16	Total	17-18					

Total	15 10	10	, tui	17 10				
YEAR 4 MUST EARN 120 SH TO GRADUATE								
FALL		SPRING						
KSR 4450 KSR 4460 KSR Elective KSR 4274 Senior Seminar Free Elective Free Elective	4 3 1 1 3 3 3	KSR 4275 Internship		6				
Total	18	To	tal	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.