

# BACHELOR OF SCIENCE IN EXERCISE SCIENCE

## SUGGESTED 4-YEAR SEQUENCE (CATALOG YEAR 2020-2021 - UPDATED AUGUST 2020)

This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.

YEAR 1					
FALL			SPRING		
<b>ENG 1001G</b>	College Composition I	3	<b>KSR 1500</b>	KSR as a Profession	2
<b>CMN 1310G</b>	Intro to Speech Communication	3	<b>KSR 2440</b>	Structural Kinesiology	3
<b>GEN XXXX</b>	Gen Ed Physical Science	3-4	<b>KSR 1310</b>	Aqua Exercise	1
<b>GEN XXXX</b>	Gen Ed Social/Behavioral Science	3	<b>ENG 1002G</b>	College Composition II	3
<b>GEN XXXX</b>	Gen Ed Humanities or Fine Arts	3	<b>MAT XXXX</b>	Gen Ed Mathematics	3
			<b>GEN XXXX</b>	Gen Ed Humanities	3
Total		15-16	Total		15
YEAR 2					
FALL			SPRING		
<b>BIO 2210</b>	Antaomy and Physiology I	4	<b>KSR 2135</b>	Basic Care and Prevention of Injuries	3
<b>KSR 2850</b>	Fitness for Life	3	<b>KSR 3720</b>	Exercise Psychology	2
<b>NTR 2100</b>	Personal Nutrition	3	<b>KSR 3800</b>	Biomechanics of Human Movement	3
<b>GEN XXXX</b>	Gen Ed Fine Arts	3	<b>BIO 2220</b>	Antaomy and Physiology II	4
<b>GEN XXXX</b>	Gen Ed Social/Behavioral Science	3	<b>GEN XXXX</b>	Gen Ed Social/Behavioral Science	3
			<b>XXX XXXX</b>	Elective	3
Total		16	Total		18
YEAR 3					
FALL			SPRING		
<b>KSR 4340</b>	Principles of Exercise Physiology	3	<b>KSR 4440</b>	Physical Fitness Appraisal	3
<b>KSR 3104</b>	Resistance Training/Group Fitness	2	<b>KSR 3860</b>	Org & Admin in Spt Mgt/Ex Sci	3
<b>BIO XXXX</b>	Gen Ed Biological Sciences	3-4	<b>KSR 4900</b>	Special Topics in KSR	1
<b>XXX XXXX</b>	Foreign Language or Elective	3-4	<b>KSR 4900</b>	Special Topics in KSR	1
<b>XXX XXXX</b>	Elective	3	<b>NTR 3757</b>	Nutrition for Physical Performance	3
<b>XXX XXXX</b>	Elective	2	<b>XXX XXXX</b>	Foreign Language or Elective	3-4
			<b>XXX XXXX</b>	Elective	3
Total		16-18	Total		17-18
YEAR 4					
FALL			SPRING		
<b>KSR 4450</b>	Exercise Prescription	3	<b>KSR 4275</b>	Internship	6-9
<b>KSR 4460</b>	Principles of Resistance Training	3			
<b>KSR 4900</b>	Special Topics in KSR	1			
<b>KSR 4274</b>	Pre-Internship in KSR	1			
<b>EIU XXXX</b>	Senior Seminar	3			
<b>XXX XXXX</b>	Elective	3			
<b>XXX XXXX</b>	Elective	3			
Total		17	Total		6-9

## TOTAL MAJOR COURSEWORK:120-124 HRS

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- 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.
- Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 - Internship.
- 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.