

Department of Health, Human Performance & Recreation
2016-2017 Kinesiology Exercise Science Bachelor of Science (KINSBS EXSC)
Program of Study - 120 hours



Fine Arts Core (3 hours) choose one:

- ___ ARCH 1003 Architecture Lecture
- ___ ARHS 1003 Art Lecture
- ___ COMM 1003 Film Lecture
- ___ DANC 1003 Movement and Dance
- ___ ENGL 2023 Creative Writing I
- ___ LARC 1003 The American Landscape
- ___ MLIT 1003 Music Lecture
- ___ THTR 1003 Theatre Lecture

English Core (6 hours):

- ___ ENGL 1013 Composition I
- ___ ENGL 1023 Composition II

Math Core (3 hours):

- ___ MATH 1203 College Algebra or
Higher (check pre-requisites)

Science Core (8 hours):

- ___ BIOL 1543 Principles of Biology
- ___ BIOL 1541L Prin. of BIOL Lab
- ___ CHEM 1103 Univ. Chemistry I
- ___ CHEM 1101L CHEM I Lab **OR**
- ___ CHEM 1213 Chem. for Majors I
- ___ CHEM 1211L Chem. for Majors I Lab

Additional Required Sciences (20 hours):

- ___ BIOL 2443 Human Anatomy &
- ___ BIOL 2441L Human Anatomy Lab
- ___ BIOL 2213 Human Physiology &
- ___ BIOL 2211L Human Phys. Lab
- ___ CHEM 1123 University Chem. II &
- ___ CHEM 1121L Univ. Chem. II Lab **OR**
- ___ CHEM 1223 Chem. for Majors II &
- ___ CHEM 1221L Chem. for Majors II Lab
- ___ CHEM 2613 Organic Phys. Chem. &
- ___ CHEM 2611L Org. Phys. Chem. Lab **OR**
- ___ CHEM 3603 Organic Chemistry I &
- ___ CHEM 3601L Organic Chem. I Lab
- ___ PHYS 2013 College Physics I (FA/SU) &
- ___ PHYS 2011L College Physics I Lab

Additional Non-EXSC Requirements (21/22 hrs):

- ___ MATH 1213 Plane Trigonometry **OR**
- ___ MATH 1284C Precalculus Math **OR**
- ___ MATH 2554 Calculus I
- ___ NUTR 1213 Fund. of Nutrition
- ___ COMM 1313 Public Speaking
- ___ 3 hours of Literature Elective
- ___ STAT 2303 Prin. of Stats **OR**
- ___ PSYC 2013 Intro to Stat/PSYC **OR**
- ___ SOCI 3303 Social Data & Analysis
- ___ PBHL 2663 Term. for the Health Professions
- ___ PSYC 3023 Abnormal Psychology

Social Sciences Core (9 hours):

- ___ PSYC 2003 General Psychology
- And choose two from:**
- ___ AGECE 1103 Agricultural Microecon.
- ___ AGECE 2103 Agricultural Macroecon.
- ___ ANTH 1023 Cultural Anthropology
- ___ COMM 1023 Communication in a Diverse World
- ___ ECON 2013 Macroeconomics
- ___ ECON 2023 Microeconomics
- ___ ECON 2143 Basic Economics
- ___ GEOS 1123 Human Geography
- ___ GEOS 2003 World Regional Geog.
- ___ HESC 1403 Life Span Development
- ___ HESC 2413 Family Relations
- ___ HESC 2603 Rural Sociology
- ___ HIST 1113 World Civ. I
- ___ HIST 1123 World Civ. II
- ___ HIST 2003 U.S History to 1877
- ___ HIST 2013 U.S. History since 1877
- ___ HUMN 1114H Roots of Culture to 500 C.E.
- ___ HUMN 2114H Birth of Modern Culture
- ___ PLSC 2003 American National Govt.
- ___ PLSC 2013 Comparative Politics
- ___ PLSC 2203 State and Local Govt.
- ___ RESM 2853 Leisure and Society
- ___ SOCI 2013 General Sociology
- ___ SOCI 2033 Social Problems

Exercise Science Core Required (24 hours):

- ___ EXSC 2733# Introduction to EXSC
- ___ **EXSC 3153***# Exercise Physiology
- ___ **EXSC 3353***# Mech. Human Mvmt.
- ___ **EXSC 3533***# Laboratory Tech.
- ___ EXSC 4323# Exercise Prescription (pre-req. EXSC 3153, 3353, 3533)
- ___ EXSC 4773# Performance & Drugs (pre-req. EXSC 3153)
- ___ EXSC 4833# Exercise App. For Sp. Pops (pre or co req. EXSC 3533, pre-req. EXSC 3353 and EXSC 3153)
- ___ EXSC 4903 Internship (pre or co req EXSC 3533, pre-req. senior standing, EXSC 3353, EXSC 3153) **OR**
- ___ KINS 405V Independent Study **OR**
- ___ KINS 498VH# Kinesiology Honors Thesis Project (pre-req. KINS 3901H Thesis Tutorial and only available if completing Honors Program)

***Students must earn a grade of "C" or better in this course.**

Honors Section available.

General Electives (5-4) hours to meet a Total 120 hours required for graduation:

- ___
- ___

Humanities Core (3 hours) choose one:

- ___ Any Inter I Foreign Language (2003)
- ___ AAST 2023 The African American Experience
- ___ ARCH 1013 Diversity and Design
- ___ CLST 1003 Intro to Classical Studies: Greece
- ___ CLST 1013 Intro to Classical Studies: Rome
- ___ COMM 1233 Media, Community & Citizen
- ___ ENGL 1213 Intro to Literature
- ___ GNST 2003 Intro to Gender Studies
- ___ HUMN 1124H Equilibrium of Cultures
- ___ HUMN 2124H 20th Century Global Culture
- ___ MUSY 2003 Music in World Cultures
- ___ PHIL 2003 Intro to Philosophy
- ___ PHIL 2103 Intro to Ethics
- ___ PHIL 2203 Logic
- ___ PHIL 3103 Ethics and the Professions
- ___ WLIT 1113 World Lit I
- ___ WLIT 1123 World Lit II

U.S. History /Govt. Core (3 hours) choose one:

- ___ HIST 2003 U.S. History to 1877
- ___ HIST 2013 U.S. History since 1877
- ___ PLSC 2003 American National Government

Related Electives chosen from (15 hours):

- ___ EXSC 3423# Prin. & Theories of Strength & Conditioning
- ___ EXSC 3723# Research Methods EXSC
- ___ EXSC 4353# Adv. Mech. of Human Movement
- ___ EXSC 4643 PSYC of Sports Injury & Rehab
- ___ EXSC 4783# Sport & Exercise Psychology
- ___ EXSC 2393 Prevention & Care of Athletic Injuries (self-paced – Global Campus only)
- ___ KINS 3223 Motor Development
- ___ KINS 3901H# KINS Honors Thesis Tutorial
- ___ PBHL 4603 Health Behavior: Th./Appl. (FA)
- ___ PBHL 4613 Principles of Epidemiology (FA)
- ___ MATH 2053 Finite Mathematics/ or MATH 2053C
- ___ ENGL 3053 Technical & Report Writing
- ___ BIOL 2013/BIOL 2011L General Microbiology/Lab
- ___ BIOL 2323 General Genetics
- ___ BIOL 2321L General Genetics Lab
- ___ BIOL 2533 Cell Biology
- ___ BIOL 2531L Cell Biology Lab
- ___ BIOL 4793 Introduction to Neurobiology (SP)
- ___ CHEM 3613/CHEM 3611L Organic Chemistry II/Lab
- ___ CHEM 3813 Introduction to Biochemistry
- ___ PHYS 2033/PHYS 2031L College Physics II & College Physics II Lab/ or PHYS 2074 University Physics II (SP,SU)

Students must have 30 hours of 3000/4000 level classes from the U of A to meet enrollment requirement.