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
- MUSI 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 2541L 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 1113 University Chem. II & CHEM 1121L Univ. Chem. II Lab OR CHEM 1223 Chem. for Majors II & CHEM 1211L Chem. for Majors II 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 AbnormalPsychology

**Social Sciences Core (9 hours):**
- PSYC 2003 General Psychology
- **And choose two from:**
  - AGEC 1103 Agricultural Microecon.
  - AGEC 2103 Agricultural Macroecon.
  - ANTH 1023 Cultural Anthropology
  - COMM 1023 Communication in a Diverse World
  - ECON 2013 Macroeconomics
  - ECON 2023 Microeconomics
  - ECON 2143 Basic Economics
  - GEOG 1123 Human Geography
  - GEOG 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

**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 3901# KINS Honors Thesis Tutorial
- PBHL 4603 Health Behavior: Th./App. (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 2232 General Genetics
- BIOL 2321L General Genetics Lab
- BIOL 2533 Cell Biology
- BIOL 2531L Cell Biology Lab
- MATH 4793 Introduction to Neurobiology (SP)
- CHEM 3613/CMICHEM 361L Organic Chemistry II/Lab
- CHEM 3813 Introduction to Biochemistry
- PBHL 2033/PBHL 2031L College Physics II & College Physics II Lab/ or PBHL 2074 University Physics II (SP, SU)

*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:**

**Exercise Science Core Required (24 hours):**
- EXSC 2733# Introduction to EXSC
- EXSC 3153# Exercise Physiology
- EXSC 3535# Mech. Human Mvmt.
- EXSC 3535# Laboratory Tech.
- EXSC 4323# Exercise Prescription (pre-req. EXSC 3153, 3535, 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 3535 and EXSC 3533)
- EXSC 4903 Internship (pre or co req. EXSC 3533, pre-req. senior standing, EXSC 3533, EXSC 3153)
- KINS 405V Independent Study OR KINS 498V/# 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:**

# Honors Section available.

**Students must have 30 hours of 300/400 level classes from the U of A to meet enrollment requirement.**