

SAMPLE 4-YEAR PLAN: EXERCISE SCIENCE B.S.

Northern Kentucky University

This is **one way** a student can complete this program in four years if the student requires no remedial courses.

MAJOR: Exercise Science

FIRST YEAR	Fall Semester		Spring Semester	
	Meet with your advisor each semester to stay on track for correct course sequences and graduation.	Gen Ed: Communication; Oral	3	BIO 208 Human Anatomy and Physiology I with lab
KIN 200 Concepts of Lifetime Fitness		2	HEA 135 Safety and First Aid	3
Gen Ed: Self and Society; Individual and Society; PSY 100 Introduction to Psychology (recommended)		3	Gen Ed: Scientific and Quantitative Inquiry; Mathematics and Statistics	3
KIN 125 Introduction to Physical Education, Fitness and Sports		3	KIN 260 Introduction to Strength and Conditioning	3
Gen Ed: Scientific and Quantitative Inquiry; Natural Sciences without lab; BIO 126 Human Nutrition		3	Gen Ed: Self and Society; Individual and Society	3
TOTAL		14	TOTAL	16
SECOND YEAR	Fall Semester		Spring Semester	
For those students interested in an allied health career (e.g., athletic training, physical therapy, occupational therapy, physician's assistant, nursing, etc.), please check with the appropriate school/college for specific course prerequisites and requirements, and discuss with the exercise science professors.	BIO 209 Human Anatomy and Physiology II and BIO 209L Human Anatomy and Physiology II Laboratory	4	KIN 340 Exercise Physiology and KIN 340L Exercise Physiology Lab	5
	Gen Ed: Culture and Creativity	3	CHE 115 Physiological Chemistry	4
	KIN 313 Computer Applications for Health and Kinesiology	2	KIN 295 Anatomical Kinesiology	3
	KIN 320 Motor Learning and Performance	3	Gen Ed: Communication; Written	3
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	Gen Ed: Global Viewpoints	3		
	TOTAL	18	TOTAL	14
THIRD YEAR	Fall Semester		Spring Semester	
^a Note: KH = KIN, HEA, PHE or ATP 300-level or above electives with KH department approval. Plan to complete 45 semester hours at the 300 level or above.	KIN 330 Motor Development	3	KIN 481 Nutrition for Sport and Exercise	3
	Gen Ed: Scientific and Quantitative Inquiry; Natural Sciences with lab; PHY 110 Introduction to Physics with Laboratory	4	KIN 349 Exercise Prescription	4
	KIN 360 Statistics and Measurement in Kinesiology	3	KIN 380 Clinical Exercise Physiology	3
	KIN 370 Biomechanics	3	KH elective 300 level or above ^a	3
	Gen Ed: Self and Society; Cultural Pluralism	3	Gen Ed: Culture and Creativity	3
	TOTAL	16	TOTAL	16

FOURTH YEAR	Fall Semester		Spring Semester	
	^b Note: KH = KIN, HEA, PHE or ATP 300-level or above electives with KH department approval. Meet with the internship professor to secure an internship placement. Apply for graduation.	KIN 450 Organization and Administration of Kinesiology and Athletics	3	KIN 496 Internship in Exercise Science or KIN 497 Exercise Science Senior Synthesis in lieu of KIN 496, plus six KH department 300-level or above hours ^b with KH department approval
	KIN 483 Advanced Strength and Conditioning	3	Elective	3
	KIN 498 Research, Trends and Issues in Exercise Science	2		
	KIN elective 300 level or above ^b	3		
	Elective	3		
	TOTAL	14	TOTAL	12
			GRAND TOTAL OF CREDITS	120