**Current Curriculum for Kinesiology with a concentration in Exercise Science**

**First Year Fall**

ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013)\*

CHEM 1103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture)\*

& CHEM 1101L University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab)\* or CHEM 1203\* and CHEM 1201L\*

MATH 1203 College Algebra (ACTS Equivalency = MATH 1103)\*

Fine Arts\* or Humanities1\*

BIOL 1543 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture)\*

& BIOL 1541L Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)1,2 \*

**First Year Spring**

ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023)\*

MATH 1213 Plane Trigonometry (ACTS Equivalency = MATH 1203)

or MATH 1284C Precalculus Mathematics (ACTS Equivalency = MATH 1305)

or MATH 2554 Calculus I (ACTS Equivalency = MATH 2405)

Fine Arts\* or Humanities1\*

CHEM 1123 University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture)

& CHEM 1121L University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab) or CHEM 1223 and CHEM 1221L

COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003)

**Second Year Fall**

EXSC 2733 Introduction to Exercise Science

NUTR 1213 Fundamentals of Nutrition

HIST 2003 History of the American People to 1877 (ACTS Equivalency = HIST 2113)\*

or HIST 2013 History of the American People, 1877 to Present (ACTS Equivalency = HIST 2123)\* or PLSC 2003 American National Government (ACTS Equivalency = PLSC 2003)\*

PBHL 2663 Terminology for the Health Professions

BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture)

& BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)

**Second Year Spring**

PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103)\*

STAT 2303 Principles of Statistics (ACTS Equivalency = MATH 2103)

or PSYC 2013 Introduction to Statistics for Psychologists or SOCI 3303 Social Data and Analysis

BIOL 2213 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) & BIOL 2211L Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)

General Elective (2 Hours)

Social Science1\*

**Third Year Fall**

PHYS 2013 College Physics I (ACTS Equivalency = PHYS 2014 Lecture)

& PHYS 2011L College Physics I Laboratory (ACTS Equivalency = PHYS 2014 Lab)

EXSC 3153 Exercise Physiology or EXSC 3153H Honors Exercise Physiology

EXSC 3353 Mechanics of Human Movement or EXSC 3353H Honors Mechanics of Human

Movement

Literature Elective (3 Hours)

Related Elective4 (3 Hours)

**Third Year Spring**

EXSC 3533 Laboratory Techniques EXSC 3533H

CHEM 2613 Organic Physiological Chemistry (ACTS Equivalency = CHEM 1224 Lecture)

& CHEM 2611L Organic Physiological Chemistry Laboratory (ACTS Equivalency = CHEM 1224 Lab)

or CHEM 3603 and CHEM 3601L

Related Elective 4 (3 Hours)

Related Elective 4 (3 Hours)

PSYC 3023 Abnormal Psychology

**Fourth Year Fall**

EXSC 4323 Exercise Prescription

EXSC 4833 Exercise Applications for Special Populations

or EXSC 4833H Honors Exercise Applications for Special Populations

Social Science 1\*

Related Electives4 (3 Hours)

**Fourth Year Spring**

EXSC 4903 Internship in Exercise Science

or KINS 405V Independent Study or KINS 405VH Honors Independent Study or KINS 498VH Kinesiology Honors Thesis/Project

EXSC 4773 Performance and Drugs

General Elective (2-3 Hours)

Related Elective4 (3 Hours)

**Total Units in Sequence: 120**

1 Core areas must be completed as outlined in University Core.

2 BIOL 1543/BIOL 1541L is a prerequisite for BIOL 2443/BIOL 2441L.

3Use of KINS 498VH only for students completing the College of Education and Health Professions Honors Program.

4 Students must have 40 hours of 3000/4000-level classes to graduate.

**Proposed Curriculum for Exercise Science**

**Eight-Semester Degree Program**

Students wishing to follow the eight-semester degree plan in Exercise Science should see the Eight-Semester Degree Policy for university requirements of the program.

**First Year Fall**

ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013)\*

CHEM 1103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture)\*

& CHEM 1101L University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab)\*

or CHEM 1203\* and CHEM 1201L\*

Choose from: (3 Hours)\*

General Elective (recommend MATH 1203 if appropriate)

MATH 1213 Plane Trigonometry (ACTS Equivalency = MATH 1203)

or MATH 1284C Precalculus Mathematics (ACTS Equivalency = MATH 1305)

or MATH 2554 Calculus I (ACTS Equivalency = MATH 2405)

Fine Arts or Humanities1

BIOL 1543 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture)\*

& BIOL 1541L Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)1,2

**First Year Spring**

ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023)\*

Fine Arts or Humanities1\*

CHEM 1123 University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture)

& CHEM 1121L University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab)

or CHEM 1223 and CHEM 1221L

Choose from (3 Hours):

General Elective (if math requirement met excluding STAT 2303)

MATH 1213 Plane Trigonometry (ACTS Equivalency = MATH 1203)

or MATH 1284C Precalculus Mathematics (ACTS Equivalency = MATH 1305)

or MATH 2554 Calculus I (ACTS Equivalency = MATH 2405)

COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003)

**Second Year Fall**

EXSC 2733 Introduction to Exercise Science

NUTR 1213 Fundamentals of Nutrition

HIST 2003 History of the American People to 1877 (ACTS Equivalency = HIST 2113)\*

or HIST 2013 History of the American People, 1877 to Present (ACTS Equivalency = HIST 2123)\* or PLSC 2003 American National Government (ACTS Equivalency = PLSC 2003)\*

PBHL 2663 Terminology for the Health Professions

BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture)

& BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)

**Second Year Spring**

PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103)\*

STAT 2303 Principles of Statistics (ACTS Equivalency = MATH 2103)

or PSYC 2013 Introduction to Statistics for Psychologists

or SOCI 3303 Social Data and Analysis

BIOL 2213 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture)

& BIOL 2211L Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)

General Elective (2 Hours)

Social Science 1\*

**Third Year Fall**

PHYS 2013 College Physics I (ACTS Equivalency = PHYS 2014 Lecture)

& PHYS 2011L College Physics I Laboratory (ACTS Equivalency = PHYS 2014 Lab) EXSC 3153 Exercise Physiology

or EXSC 3153H Honors Exercise Physiology

EXSC 3353 Mechanics of Human Movement

or EXSC 3353H Honors Mechanics of Human Movement

Literature Elective (3 Hours)

Related Elective (3 Hours)

**Third Year Spring**

EXSC 3533 Laboratory Techniques

or EXSC 3533H Honors Lab Techniques

CHEM 2613 Organic Physiological Chemistry (ACTS Equivalency = CHEM 1224 Lecture)

& CHEM 2611L Organic Physiological Chemistry Laboratory (ACTS Equivalency = CHEM 1224 Lab) or CHEM 3603 and CHEM 3601L

Related Elective (6 Hours)

PSYC 3023 Abnormal Psychology

**Fourth Year Fall**

EXSC 4323 Exercise Prescription

EXSC 4833 Exercise Applications for Special Populations

or EXSC 4833H Honors Exercise Applications for Special Populations

Social Science 1\*

Related Electives4 (3 Hours)

**Fourth Year Spring**

EXSC 4903 Internship in Exercise Science

or KINS 405V Independent Study or KINS 405VH Honors Independent Study or KINS 498VH Kinesiology Honors Thesis/Project

EXSC 4773 Performance and Drugs

Related Elective (6 Hours)

**Total Units in Sequence: 120**

1 Core areas must be completed as outlined in University Core.

2 BIOL 1543/BIOL 1541L is a prerequisite for BIOL 2443/BIOL 2441L.

3 Use of KINS 498VH only for students completing the College of Education and Health Professions Honors Program.

4 Students must have 40 hours of 3000/4000-level classes to graduate.

**Current Curriculum for Kinesiology with a concentration in K-12 Teaching Physical Education, Wellness and Leisure**

Kinesiology B.S. K-12 Teaching Physical Education, Wellness & Leisure Concentration

Eight-Semester Degree Program (KINSBS-PEWL)

The teacher education program for Kinesiology K-12 Teaching Physical Education/Wellness & Leisure does not qualify for the eight semester degree plan due to Praxis and cumulative GPA requirements for progression. However, the following 8-semester sample plan shows how a first-year student could select their courses.

**First Year Fall**

ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013)\*

Social Science (except PSYC 2003)1 \*

BIOL 1543 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture)\*

& BIOL 1541L Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)\*

PBHL 1103 Personal Health and Safety

PHED 1003 The Physical Education Profession: An Overview

**First Year Spring**

ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023)\*

MATH 1203 College Algebra (ACTS Equivalency = MATH 1103)\*

COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003)

U.S. History or American National Government1 \*

PHED 2023 Sport Skills3

**Second Year Fall**

KINS 3223 Motor Development

PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103)\*

General Elective (3 Hours)

Fine Arts\* or Humanities1\*

BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture)\*

& BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)\*

**Second Year Spring**

Social Science (except PSYC 2003)1\*

Humanities\* or Fine Arts1\*

General Elective (6 Hours)

PHED 2373 Elementary Physical Education

**Third Year Fall**

PHED 3003 Outdoor Education4

PHED 3033 Educational Rhythms and Gymnastics4

PHED 3203 Principles and Problems of Coaching

PHED 3903 Physical Education for Special Populations4

KINS 3163 Exercise Physiology: Theory and Application2

**Third Year Spring**

PHED 3043 Teaching Fitness4

PHED 3623 Sport Sociology

EXSC 3353 Mechanics of Human Movement

CIED 3033 Classroom Learning Theory

CNED 4003 Classroom Human Relations Skills

or CNED 3053 The Helping Relationship

**Fourth Year Fall**

PHED 3413 Administration in Physical Education

PHED 3573 The School Health Program

PHED 432V Teaching Practicum4

General Elective (3 Hours)

PHED 4703 Assessment in Physical Education

PHED 4743 Secondary Physical Education

**Fourth Year Spring**

PHED 4023 Class Management

PHED 407V Physical Education Teaching Internship (6 Hours)

PHED 4733 Senior Seminar (3 Hours)

**Total Units in Sequence: 120**

1 Core areas must be completed as outlined in University Core.

2 EXSC 3153 has additional prerequisites not included in program of study.

3 Must have grade ‘C’ or better to award degree credit.

4 All three parts of the Praxis Core exam must be completed prior to enrollment.

**Proposed Curriculum for Teaching K-12 Physical Education & Health**

Teaching K-12 Physical Education & Health

Eight-Semester Degree Program (PHEDBS)

The teacher education program for Teaching K-12 Physical Education & Health does not qualify for the eight semester degree plan due to standardized exams (ACT, SAT, GRE, or PRAXIS core) and cumulative GPA requirements for progression. However, the following 8-semester sample plan shows how a first-year student could select their courses.

**First Year Fall**

ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013)\*

Social Science (except PSYC 2003)1\*

BIOL 1543 Principles of Biology (ACTS Equivalency = BIOL 1014 Lecture)\*

& BIOL 1541L Principles of Biology Laboratory (ACTS Equivalency = BIOL 1014 Lab)\*

PBHL 1103 Personal Health and Safety

PHED 1003 The Physical Education Profession: An Overview

**First Year Spring**

ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023)\*

MATH 1203 College Algebra (ACTS Equivalency = MATH 1103)\*

COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003)

U.S. History or American National Government1\*

PHED 2023 Sport Skills3

**Second Year Fall**

PHED 3223 Motor Development

PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103)\*

General Elective (3 Hours)

Fine Arts or Humanities1\*

BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture)\*

& BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)\*

**Second Year Spring**

Social Science (except PSYC 2003)1\*

Humanities or Fine Arts1\*

General Elective (6 Hours)

PHED 2373 Elementary Physical Education

**Third Year Fall**

PHED 3003 Outdoor Education4

PHED 3033 Educational Rhythms and Gymnastics4

PHED 3203 Principles and Problems of Coaching

PHED 3903 Physical Education for Special Populations4

PHED 3163 Exercise Physiology: Theory and Application

**Third Year Spring**

PHED 3043 Teaching Fitness4

PHED 3623 Sport Sociology

EXSC 3353 Mechanics of Human Movement

or EXSC 3013 Functional Anatomy for Exercise Science

CIED 3033 Classroom Learning Theory

CNED 4003 Classroom Human Relations Skills

or CNED 3053 The Helping Relationship

**Fourth Year Fall**

PHED 3413 Administration in Physical Education

PHED 3573 The School Health Program

PHED 432V Teaching Practicum4

General Elective (3 Hours)

PHED 4703 Assessment in Physical Education

PHED 4743 Secondary Physical Education

**Fourth Year Spring**

PHED 4023 Class Management

PHED 407V Physical Education Teaching Internship (6 Hours)

PHED 4733 Senior Seminar

**Total Units in Sequence: 120**

1 Core areas must be completed as outlined in University Core.

2 EXSC 3153 has additional prerequisites not included in program of study.

3 Must have grade ‘C’ or better to award degree credit.

4 Passing score on ACT, SAT, GRE, or PRAXIS core (see advisor)