

KINESIOLOGY

College of Science and Health

Bachelor of Science; **EXERCISE PHYSIOLOGY-PrePT Track**

2023

UCC REQUIREMENTS [40-41 credits]

AREA 1: PERSONAL WELL-BEING [3]

PBHL 1500 Sport Nutrition 3 cred.

AREA 2: EXPRESSION [9]

a. Arts/Communication
_____ 3 cred.

b. Writing
ENG 1100 College Writing 3 cred.

c. Literature
_____ 3 cred.

AREA 3: WAYS OF KNOWING [19-20]

a. Philosophical Perspectives
_____ 3 cred.

b. Historical Perspectives
_____ 3 cred.

c. Social/Behavioral Science (2 different disciplines)
PSY 1100 General Psychology 3 cred.
SOC 1010 Introduction to Sociology 3 cred.

d. Scientific Perspectives (choose 1 of the following)
BIO 1120 General Anatomy & Physiology I 4 cred.

e. Quantitative Thinking
MATH 1300 Elementary Statistics 3 cred.

AREA 4: DIVERSITY & JUSTICE [3]

▪ *Must complete 18 credits in UCC prior to taking Area 4*
_____ 3 cred.

AREA 5: CIVIC & COMMUNITY ENGAGEMENT [4]

▪ *MUST COMPLETE Area 4 before taking Areas 5&6*
EXPH 4901 Internship in Exercise Physiology 4cred.

AREA 6: GLOBAL AWARENESS [3]

▪ *MUST COMPLETE Area 4 before taking Areas 5&6*
_____ 3cred.

FIRST YEAR SEMINAR

▪ *Required for 1st year students & transfers with less than 12 credits*
Student Success Workshop 0 cred.

INTENSIVE REQUIREMENTS

These courses can be double counted within the UCC, the major, or as free electives. If you are a transfer with an AA/AS degree you must take one WI course and zero TI courses.

WRITING INTENSIVE (WI) *W

▪ *The first WI course must be Area 2 College Writing*
▪ *At least one course must be at the 300 or above level*
ENG 1100 College Writing 3 cred.
KNES 3530 Motor Learning 3 cred.
EXPH 4800 Contemporary Issues in ES 3 cred.

TECHNOLOGY INTENSIVE (TI) *T

KNES 2300 Tests and Measurements 3 cred.
KNES 3300 Biomechanics 3 cred.

UNIVERSITY REQUIREMENTS

FOREIGN LANGUAGE [6]

_____ 3 cred.
_____ 3 cred.

EXERCISE PHYSIOLOGY: 74 credits

CORE COURSES [22 cred.]

- KNES 1200 Introduction to the Kinesiology
- KNES 2300 Tests & Measurements
- KNES 2550 Disability & Diversity in Physical Activity
- KNES 3300 Biomechanics
- KNES 3500 Physiology of Exercise (4 cred)
- KNES 3530 Motor Learning
- KNES 4500 Psycho Social Dimensions of Sport

Exercise Physiology Sequence [34 cred.]

- EXPH 1500 Aerobic Conditioning
- EXPH 1600 Resistance and Flexibility Training
- EXPH 2800 Health Promotion and Fitness Management
- EXPH 3100 Essentials of Strength & Conditioning
- EXPH 3600 Exercise Programs for Older Adults
- EXPH 3901 Aerobic & Anaerobic Exercise Leadership
- EXPH 4100 Exercise Programs for Special Populations
- EXPH 4200 Graded Exercise Testing & Exercise Prescription
- EXPH 4300 Advanced Exercise Physiology and Sport Nutrition
- EXPH 4800 Contemporary Issues in Exercise Science (Seminar)

- EXPH 4901 Internship in Exercise Physiology

Co-Requisite Courses [15 cred.]

- BIO 1130 General Anatomy & Physiology II
- CHEM 1600 General Chemistry I
- PHYS 2550 College Physics I (requires MATH 1150)
- PBHL 1500 Sport Nutrition

Kinesiology Electives/PT Prerequisites [3 cred.]

- CHEM 1620 General Chemistry II
- PHYS 2560 College Physics II
- BIO 1620: General Biology: EEB
- BIO 1630: General Biology: CMB
- PETC 2720 Sports Coaching Methods
- SMED 3000 First Aid & CPR

Exercise Physiology Suggested Sequence of Courses

<u>1st semester</u>		Credits	<u>2nd semester</u>		Credits
BIO 1120	Anatomy & Physiology I (<i>meets Area 3d</i>)	4	BIO 1130	Anatomy & Physiology II	4
ENG 1100	College Writing (<i>meets Area 2b & WI</i>)	3	EXPH 1500	Aerobic Conditioning	3
KNES 1200	Intro to Kinesiology	3	SOC 1010	Principles of Sociology (<i>meets Area 3c</i>)	3
PSY 1100	General Psychology (<i>meets Area 3c</i>)	3	EXPH 1600	Resistance and Flexibility Training	3
MATH 1300	Elementary Statistics (<i>meets Area 3e</i>)	3	-----	UCC Area 2, or 3 course	3
	Student Success Workshop	0		Student Success Workshop	0
Credits		16	Credits		16
<u>Summer</u>					
MATH 1150	College Algebra	3			
<u>3rd semester</u>			<u>4th semester</u>		
CHEM 1600	General Chemistry I	4	PHYS 2550	College Physics I	4
PBHL 1500	Sport Nutrition (<i>meets Area 1</i>)	3	KNES 3500	Physiology of Exercise	4
KNES 2300	Tests & Measurements (<i>meets TI</i>)	3	-----	UCC Area 2, 3, or 4 course	3
KNES 2550	Disability & Diversity in Physical Activity	3	-----	UCC Area 2, 3, 4, or WI course	3
LANG	Foreign Language I	3	LANG	Foreign Language II	3
Credits		16	Credits		17
<u>Summer</u>					
CHEM 1620	General Chemistry II	4	-----	UCC Area 2, 3, or 4 course	3
<u>5th semester (Junior year)</u>			<u>6th semester (Junior year)</u>		
EXPH 2800	Health Promotion and Fitness Management	3	EXPH 3100	Essentials of Strength and Conditioning	3
KNES 3300	Biomechanics (<i>meets TI</i>)	3	EXPH 3600	Exercise Programs for Older Adults	3
KNES 3530	Motor Learning (<i>meets WI</i>)	3	EXPH 3901	Aerobic & Anaerobic Exercise Leadership	3
PHYS 2560	College Physics II	4	-----	UCC Area 6 course	3
-----_	UCC Area 2, 3, or 4 course	3	-----	UCC Area 4, 6 or WI course	3
Credits		16	Credits		15
<u>7th semester (Senior year)</u>			<u>8th semester (Senior year)</u>		
EXPH 4100	Exercise Programs for Special Populations	3	EXPH 4800	Contemp Issues in Ex Phys (<i>meets WI</i>)	3
EXPH 4200	Graded Exercise Testing and Prescription	3	EXPH 4901	Internship in Ex Physiology (<i>meets Area 5</i>)	4
EXPH 4300	Advanced Exercise Phys. & Sport Nutrition	3	KNES 4500	Psycho-Social Dimensions of Sport	3
BIO 1620	General Biology: EEB	4	BIO 1630	General Biology: CMB	4
	Credits	13		Credits	14
				Total Credits	136

Highlighted courses indicate standard prerequisite courses for most Physical Therapy programs. Students should consult with the PT program to determine if additional prerequisites are required.