

# KINESIOLOGY

College of Science and Health

Bachelor of Science; **EXERCISE PHYSIOLOGY-Pre OT 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 1<sup>st</sup> 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 1310 College Chemistry
- PHYS 1100 Into to Physics
- PBHL 1500 Sport Nutrition

### **Kinesiology Electives/Pre-OT Prerequisites [3 cred.]**

- PSY 2110 Lifespan Development
- PSY 3510 Psychopathology & Mental Disorders
- SMED 3000 First Aid & CPR

**Exercise Physiology Suggested Sequence of Courses-Pre-OT Track**

<b><u>1<sup>st</sup> semester</u></b>		Credits	<b><u>2<sup>nd</sup> semester</u></b>		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 &amp; 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
<b><u>3<sup>rd</sup> semester</u></b>			<b><u>4<sup>th</sup> semester</u></b>		
CHEM 1310	College Chemistry	4	PHYS 1100	Intro to Physics	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
<b><u>5<sup>th</sup> semester (Junior year)</u></b>			<b><u>6<sup>th</sup> semester (Junior year)</u></b>		
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
-----	UCC Area 2, 3, or 4 course	3	-----	UCC Area 6 course	3
-----	UCC Area 2, 3, or 4 course	3	-----	UCC Area 4, 6 or WI course	3
Credits		15	Credits		15
<b><u>7<sup>th</sup> semester (Senior year)</u></b>			<b><u>8<sup>th</sup> semester (Senior year)</u></b>		
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
<b>PSY 2110</b>	<b>Developmental Psychology</b>	<b>3</b>	<b>PSY 3510</b>	<b>Psychopathology &amp; Mental Disorders</b>	<b>3</b>
Credits		12	Credits		13
			<b>Total Credits</b>		<b>120</b>

**Highlighted** courses denote OT school prerequisites and are not required for the major. Students should consult with the OT programs to determine if additional prerequisites are necessary