

KINESIOLOGY

College of Science and Health

Accelerated Bachelor of Science in Sports Medicine (120 credits)

Note: Duplicate credits for UCC and Major noted and only counted once in credit load

UCC REQUIREMENTS [34 credits]

AREA 1: PERSONAL WELL-BEING [3 credits]

PBHL 1500 Sports Nutrition 3 cred.

AREA 2: EXPRESSION [9]

a. Arts/Communication
_____ 3 cred.

b. Writing
ENG 1100 College Writing 3 cred.

c. Literature
ENG 1500 Experiences in Literature 3 cred.

AREA 3: WAYS OF KNOWING [19 credits]

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 Anatomy & Physiology I 4 cred.

e. Quantitative Thinking
MATH 1300 Elementary Statistics 3 cred.

AREA 4: DIVERSITY & JUSTICE [Duplicate credits]

▪ *Must complete 18 credits in UCC prior to taking Area 4*
PBHL 2950 Disparities in Health Duplicate

AREA 5: CIVIC & COMMUNITY ENGAGEMENT [MUST COMPLETE Area 4 before taking Areas 5&6]

SMED 3000 First Aid and CPR Duplicate

AREA 6: GLOBAL AWARENESS [3 credits]

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

FRESHMAN WORKSHOP (Will Power 1010 and 1020)

▪ *Required for 1st year students & transfers with less than 12 credits*
WP 1010 and WP 1020 no 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 Duplicate

ENG 1500 Experiences in Literature Duplicate

KNES 3530 Motor Learning Duplicate

SMED 2200 Introduction to Sports Medicine Duplicate

TECHNOLOGY INTENSIVE (TI) *T

KNES 2300 Tests and Measurements Duplicate

KNES 3300 Biomechanics Duplicate

UNIVERSITY REQUIREMENTS

FOREIGN LANGUAGE [6 credits] _____ 3 cred.

_____ 3 cred.

Major courses = 80 credits total

Core Courses [19 credits]

- KNES 2300 Tests & Measurements^T
- KNES 2550 Disability and Diversity in Physical Activity
- KNES 3300 Biomechanics^T
- KNES 3500 Physiology of Exercise (4 credits)
- KNES 3530 Motor Learning^W
- KNES 4500 Psycho-Social Dimensions of Sport

Sports Medicine Courses [45 credits]

- EXSC 1500 Aerobic Conditioning
- EXSC 1600 Resistance & Flexibility Training
- EXSC 2800 Health Promotion and Fitness Management
- EXSC 3100 Essentials of Strength & Conditioning
- EXSC 3600 Exercise Programs for Older Adults
- EXSC 3901 Aerobic and Anaerobic Exercise Leadership I
- EXSC 4100 Exercise Programs for Special Populations
- EXSC 4200 Graded Exercise Testing & Exercise Prescription
- EXSC 4300 Advanced Exercise Physiology and Sport Nutrition
- PBHL 2950 Disparities in Health

- SMED 2000 Medical Terminology (1 cr. online)
- SMED 2200 Introduction to Sports Medicine^W (hybrid)
- SMED 2400 Surface Anatomy
- SMED 3000 First Aid and CPR
- SMED 3200 Injuries and Illnesses in Sports Medicine
- SMED 3400 Sports Medicine Observational Experience 2 cr. or Electives 2 cr.

Co-Requisite Courses [16 credits]

- BIO 1130 Anatomy & Physiology II
- BIO 1620 General Biology: Evolution, Ecology, and Biodiversity
- CHEM 1310 College Chemistry
- PHYS 1100 Introduction to Physics

Suggested Sequence of Courses
Accelerated BS in Sports Medicine (BS in SMED) 120 cr.

Bachelor of Science in Sports Medicine

1st semester		Credits	2nd semester		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</i>)	3	CHEM 1310	College Chemistry	4
PHYS 1100	Introduction to Physics	4	EXSC 1500	Aerobic Conditioning	3
PSY 1100	General Psychology (<i>meets Area 3c</i>)	3	EXSC 1600	Resistance & Flexibility Training	3
SOC 1010	Principles of Sociology (<i>meets Area 3c</i>)	3	MATH 1300	Elementary Statistics (<i>meets Area 3e</i>)	3
WPU 1010	Freshman Workshop	0	SMED 2000	Medical Terminology (online)	1
Credits		17	Credits		18
Summer Session			Summer Session		
ENG 1500	Experiences in Literature (<i>meets Area 2c</i>)	3	KNES 2300	Tests and Measurements ^T	3
Total Summer Credits		6			
3rd semester			4th semester		
KNES 2550	Disability and Diversity in Physical Activity	3	SMED 2400	Surface Anatomy	3
KNES 3300	Biomechanics ^T	3	EXSC 2800	Health Promotion Fitness Management	3
KNES 3500	Physiology of Exercise	4	EXSC 3100	Essentials of Strength and Conditioning	3
PBHL 1500	Sports Nutrition (<i>meets Area 1</i>)	3	EXSC 3600	Exercise Programs for Older Adults	3
SMED 2200	Introduction to Sports Medicine ^W (hybrid)	3	-----	UCC Area 2 or 3	3
-----	Language semester 1	3	-----	Language semester 2	3
Credits		19	Credits		18
Summer Session			Summer Session		
-----	UCC Area 2 or 3	3	BIO 1620	General Biology: Evolution, Ecology, and Biodiversity	4
Total Summer Credits		7			
5th semester			6th semester		
EXSC 3901	Aerobic and Anaerobic Exercise Leadership	3	EXSC 4100	Exercise Programs for Special Populations	3
KNES 3530	Motor Learning ^W	3	EXSC 4200	Graded Exercise Testing and Exercise Prescription	3
PBHL 2950	Disparities in Health (<i>meets Area 4</i>)	3	EXSC 4300	Advanced Exercise Physiology and Sport Nutrition	3
SMED 3000	First Aid and CPR (<i>meets Area 5</i>)	3	KNES 4500	Psycho-Social Dimensions of Sport	3
-----	UCC Area 2 or 3	3	SMED 3200	Injuries and Illnesses in Sports Medicine	3
-----	UCC Area 6	3	SMED 3400 or Elective	Sports Medicine Observational Experience or Elective	2
Credits		18	Credits		17