

EXERCISE SCIENCE MAJOR PRE - AT COURSE SEQUENCE

The following course sequence is recommended; however, there is flexibility within the schedule.

BIOL 221 **must** be taken prior to taking KIN 222 & 223. KIN 202 should be taken as early as possible. MATH 210 **must** be taken before taking KIN 250. Kin 200 **must** be taken prior to Kin 221, and Kin 221 **must** be taken before Kin 383. Additionally, KIN 222 & 223 **must** be taken before taking KIN 323. KIN 222, 223, 250, CHEM 125/127, and MATH 210 or MATH 311/312 **must** be taken prior to taking KIN 422

The following sequence of courses serves as a suggestion only. AT schools may have different pre-requisites; therefore, you should see the pre-health professions advisor **AND** an exercise science advisor as soon as possible. In addition, you should check required courses for graduate schools to which you plan to apply.

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
CHEM 125/127 – General Chemistry I & Lab OR CHEM 131/132 – Intensive General Chemistry & Lab MATH 210 – Intro to Statistics PSY 100 – Intro Psychology OR other General Education classes	*BIO 105 – General Biology I BIOL 221 – Human Physiology KIN 202 – – Intro to Writing in Exercise Science (if not taken)	KIN 221 – Anatomical Kinesiology KIN 323/324 – Clinical Exercise Physiology & Lab *PSY 230 – Developmental Psychology *PHYS 105/107 – College Physics I & Lab	KIN 499 – Special Studies OR KIN 299 – Internships KIN 422 – Regulation of Human Metabolism
SPRING	SPRING	SPRING	SPRING
*CHEM 126/128 – General Chemistry II & Lab (if you did not take CHEM 131) KIN 200 - Human Anatomy & Lab KIN 202 – Intro to Writing in Exercise Science	*BIO 106 – General Biology II KIN 200 – Human Anatomy & Lab (if not previously taken) KIN 250 – Research Methods KIN 208 – Intro to Nutrition OR Junior year KIN 222 & 223 – Exercise Physiology & Lab	KIN 383 – Biomechanics *PHYS 106/108 – College Physics II & Lab KIN 208 – Intro to Nutrition (if not previously taken)	

*NOT required for exercise science major, but required for most AT programs. Check requirements for intended grad schools.

LJ – updated 4/13/22

EXERCISE SCIENCE MAJOR PRE-ATHLETIC TRAINING SEQUENCE

REQUIRED COURSES:

		<u>Credits</u>	<u>Sem</u>	<u>Prerequisites</u>
KIN 200	Human Anatomy (BIO 222)	4	S	
KIN 202	Introduction to Writing in Exercise Science	1	F/S	
KIN 208	Introduction to Nutrition	3	F/S	
KIN 221	Anatomical Kinesiology	4	F	KIN 200
KIN 222	Exercise Physiology	3	F/S	BIO 221
KIN 223	Exercise Physiology Laboratory	1	F/S	BIO 221
KIN 250	Research Methods in Kinesiology	4	F/S	MATH 210
KIN 323	Clinical Exercise Physiology Lecture	3	F/S	KIN 222 & 223; BIO 221
KIN 324	Clinical Exercise Physiology Lab	1	F/S	KIN 222 & 223; BIO 221
KIN 383	Biomechanics	4	S	Kin 200, KIN 221
KIN 422	Regulation of Human Metabolism	4	F/S	KIN 222, 223, & 250 and CHEM 125/127
KIN 499	Special Studies in Exercise Science	3	F/S	KIN 250
OR				
KIN 299	Internships (Corp. Fitness, pre-PT, & pre-PA)	3	F/S/May	

REQUIRED CORE COURSES:

CHEM 125/127	General Chemistry I & Lab	4	F
BIOL 221	Human Physiology & Laboratory	4	F/S
MATH 210	Introductory Statistics	4	F/S

REQUIRED BY MOST AT SCHOOLS: (additional classes not required for exercise science major)

BIO 105	General Biology I & Lab	4	F
PHYS 105/107	College Physics I & Lab	4	F
PSY 100	Introduction to Psychology	4	F/S

REQUIRED BY SOME AT SCHOOLS: (not included in suggested sequence)

KIN 209	Medical Terminology	2	S/May	
KIN 325	Science of Strength, Conditioning and Power	3	F	
KIN 342	Injury Management & Care	4	F	
KIN 301	Motor Development	3	S	
KIN 371/372	Sport Perform. Psych./Sport Perform. Psych. lab	4	S	
BIO 106	General Biology II & Lab	4	S	
CHEM 126/128	General Chemistry II & Lab	4	S	C- or better in CHEM 125
PHYS 106/108	College Physics II & Lab	4	S	

*/** = Classes To Be Determined