

## EXERCISE SCIENCE MAJOR PRE-OCCUPATIONAL THERAPY COURSE SEQUENCE

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

BIOL 221 **must** be taken prior to KIN 222 & 223. KIN 202 should be taken as early as possible. MATH 210 **must** be taken before 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 KIN 323. KIN 222, 223, 250, CHEM 103, and MATH 210 **must** be taken prior to KIN 422.

The following sequence of courses serves as a **suggestion** only and variances may occur. Many OT 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
MATH 210 – Intro to Statistics  *PSY 100 – Intro to Psychology  *SOC 101 – Sociology and Social Problems	BIOL 221 – Human Physiology  *PSY 230 – Developmental Psychology  *NSCI 211 – Intro to Neuroscience  KIN 208 – Intro to Nutrition OR Junior year	KIN 221–Anatomical Kinesiology  KIN 323/324 – Clinical Exercise Physiology & Lab (either semester)  *PSY 420 – Health Psychology	KIN 499 – Special Studies OR KIN 299 – Internships  KIN 422 – Regulation of Human Metabolism
SPRING	SPRING	SPRING	SPRING
CHEM 103 – Chemistry and Lab  KIN 200 - Human Anatomy & Lab OR Sophomore year  KIN 202 – Intro to Writing in Exercise Science OR Sophomore year  *ENG 213 / 215 Expository or Workplace Writing	**KIN 250 – Research Methods  *PSY 370 – Behavior Disorders or Junior year  KIN 222 & 223 – Exercise Physiology & Lab or Junior Year before Kin 323 / 324	KIN 383 – Biomechanics  *KIN 209 – Medical Terminology (or Spring of Senior year)	Kinesiology Elective  Any required or recommended course not completed previously

\*Courses NOT required for exercise science major, but required for most/many OT schools. Check the list found below for requirements of many OT programs. Also check requirements for other intended grad schools and take classes accordingly

\*\*PSY 200 – Research Methods can be substituted for Pre-OT students who major in Exercise Science and minor in Psychology (recommended)

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### **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, & CHEM Pre-Req.
KIN 499	Special Studies in Exercise Science	3	F/S	KIN 250
OR				
KIN 299	Internships (Corp. Fitness, pre-PT, OT& PA)	3	F/S/May	

### **REQUIRED CORE COURSES:**

CHEM 103	Intro to Biological Chemistry and Lab	4	S
BIOL 221	Human Physiology & Laboratory	4	F/S
MATH 210	Introductory Statistics	4	F/S

### **REQUIRED BY MOST OT SCHOOLS: (not required for exercise science major)**

ENG 213/214	Expository / Workplace Writing	2	F/S	
KIN 209	Medical Terminology	2	S/Summer Terms	
NSCI 211	Intro to Neuroscience	4	F/S	
PSY 100	Introduction to Psychology	4	F/S	
PSY 230	Developmental Psychology	4	F/S	PSY 100
PSY 370	Behavior Disorders	4	F/S	
PSY 420	Health Psychology	4	F/S	
SOC 101	Sociology and Social Problems	4	F/S	

### **REQUIRED BY SOME OT SCHOOLS: (not included in suggested sequence)**

BIO 103	Intro to Cell Biology	4	F
PHIL 245	Applied Ethics	4	F/S alternate years
PHYS 105	College Physics I & Lab	4	F

### **ELECTIVE COURSES#—Choose one of the following:**

KIN 301	Motor Development	3	S even	
KIN 308	Nutrition and Athletic Performance	3	S odd	KIN 208, 222, & 223
KIN 325	Science of Conditioning, Strength, & Power	4	F even	KIN 222 & 223
KIN 326	Children, the Elderly, and Exercise	3	S even	KIN 222 & 223
KIN 342	Injury Management & Care	4	F	KIN 200
KIN 371/372	Sport Perform. Psych./ Sport Perform. Psych. Lab	3	S	PSY 100