

**EXERCISE SCIENCE MAJOR PRE-PHYSICIAN ASSISTANT 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. Pre PA 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
BIO 105 – General Biology I  *CHEM 125/127 – General Chemistry I & Lab OR *CHEM 131/132 – Intensive General Chemistry & Lab	BIO 221 - Human Physiology  *CHEM 221/255 – Organic Chemistry I & Lab  KIN 202 – if not previously taken  KIN 208 – Intro to Nutrition  MATH 210 – Intro Statistics	*CHEM 311 – Biochemistry I  KIN 221 – Anatomical Kinesiology  KIN 222 & 223 – Exercise Physiology & Lab  KIN 250 – Research Methods  +*BIO 301 – General Microbiology (If not taking BIO 231)  *PSY 300-499 – Upper Level Psychology Class	KIN 499 – Special Studies OR KIN 299 – Internships  KIN 422 – Regulation of Human Metabolism
SPRING	SPRING	SPRING	SPRING
BIO 106 – General Biology II  KIN 200 - Human Anatomy & Lab  KIN 202 – Intro to Writing in Exercise Science  *CHEM 126/128 – General Chemistry II & Lab (if you did not take CHEM 131)  *PSY 100 – Introduction to Psychology	*BIO 231 – Microbiology for the Allied Health Professions (If not taking BIO 301)  *CHEM 231/256 – Organic Chemistry II & Lab  KIN 200 – (if not previously taken)  KIN 222 & 223 – Exercise Physiology & Lab  *PSY 230 – Developmental Psychology	KIN 383 – Biomechanics  KIN 323/324 – Clinical Exercise Physiology & Lab  *PSY 300-499 – Upper Level Psychology Class (if not taken previously)  KIN 250 – Research Methods (if not previously taken)	

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

+Preferred by some PA schools

LJ – updated 4/13/22

## EXERCISE SCIENCE MAJOR PRE-PHYSICIAN ASSISTANT TRACK

### **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 Laboratory	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; or 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	
OR				
MATH 311/312	Statistical Methods/Applied Statistical Methods	4	S	MATH 131; MATH 210 or 311

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

BIO 231	Microbiology for the Allied Health Professions	4	S	1 yr of Chemistry or instructor permission
OR				
+BIO 301	General Microbiology	4	F	
BIO 105	General Biology I	4	F	
BIO 106	General Biology II	4	S	
CHEM 125/127	General Chemistry I & Laboratory	4	F	
OR				
CHEM 131/132	Accelerated General Chemistry	4	F	2 yrs of HS Chem or ACT math>30
*CHEM 126/128	General Chemistry II & Lab	4	S	C- or better in CHEM 125
CHEM 221/255	Organic Chemistry I & Lab	4	F	C- or better in CHEM 126 or 131
CHEM 231/256	Organic Chemistry II & Lab	4	S	C- or better in CHEM 221
CHEM 311	Biochemistry I	3	F	C- or better in CHEM 231
PSY 100	Introduction to Psychology	4	F/S	
PSY 230	Developmental Psychology	4	F/S	PSY 100
PSY 300-499	Upper Level Psychology	4	F/S	PSY 100

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

BIO 355	Developmental Biology	4	S	
BIO 356	Genetics	3	S	
BIO 366	Molecular Biology	4	F	
NURS 260	Pharmacology	3	S	
NURS 320	Pathophysiology	4	F	
PHYS 105/107	College Physics I & Lab	4	F	
PHYS 106/108	College Physics II & Lab	4	S	
KIN 295	Medical Terminology	2		

\* if you did not take CHEM 131

+preferred by some PA schools

NOTE: The Exercise Science requirement for an elective in Kinesiology is waived for Pre-Physician Assistant majors.