Catalog Year 2009

Kinesiology and Sports Studies

Eastern Illinois University

Charleston, Illinois 61920

Degree Program: BS in Kinesiology and Sports Studies--Exercise Science Concentration

Freshman Year

	Fall Semester			*SH*		*Spring Semester*			*SH*
1	ENG	1001G	Composition and Language	3	2	BIO	2001G	Human Physiology	4
1	CMN	1310G	Intro to Speech Communication	3	1	ENG	1002G	Composition and Literature	3
1	GEN	xxxx	Gen Ed Physical Science	3-4	1	MAT	xxxx	Gen Ed Mathematics	3
1	GEN	xxxx	Gen Ed Social/Behavioral Science	3	1	GEN	xxxx	Gen Ed Humanities	3
1	GEN	xxxx	Gen Ed Humanities or Fine Arts	3	2	KSS	1692	Aerobic Exercise	1
2	KSS	1600	Weight Training	1	2	KSS	1500	Physical Education as a Profession	2
				16-17					16

Sophomore Year

	Fall Semester			*SH*		*Spring Semester*			*SH*
2	KSS	2440	Structural Kinesiology	3	3	KSS	3800	Biomechanics	3
2	KSS	2850	Fitness for Life	3	2	KSS	2135	Basic Care and Prevention of Injuries	3
1	GEN	xxxx	Gen Ed Fine Arts	3	2	KSS	2xxx	Technique and Theory Course	2
1	GEN	xxxx	Gen Ed Social/Behavioral Science	3	2	KSS	2104	Technique and Theory Course	2
	FCS	2100	Nutrition in a Global Society	3	2	KSS	3720	Exercise Psychology	2
	XXX	xxxx	Elective	3	2	KSS	xxxx	Aquatics	1-2
					1	GEN	xxxx	Gen Ed Social/Behavioral Science	3
				18					16-17

Junior Year

	Fall Semester			*SH*		*Spring Semester*			*SH*
3	KSS	4340	Principles of Exercise Physiology	3	3	KSS	4440	Physical Fitness Appraisal	3
3	KSS	3900	Microcomputers in Physical Education	3	3	KSS	4900	Special Topics in Kinesiology	1
	HST	3120	American Red Cross Instructor	4	3	KSS	4900	Special Topics in Kinesiology	1
	XXX	xxxx	Foreign Language or Elective	3-4	3	KSS	4325	Org & Admin in Spt Mgt/Ex Sci	3
	XXX	xxxx	Elective	4	2	KSS	1310	Aqua Exercise	1
						FCS	4755	Nutrition for Physical Performance	3
						XXX	xxxx	Foreign Language or Elective	3-4
				17-18					15-16

Senior Year

	Fall Semester			*SH*		*Spring Semester*			*SH*
3	KSS	4450	Exercise Prescription	3	3	KSS	4275	Field Experience	6-9
3	KSS	4460	Principles of Resistance Training	3					
3	KSS	4900	Special Topics in Ex Physiology	1					
1	EIU	4xxx	Senior Seminar	3					
	XXX	xxxx	Elective	3-4					
	XXX	xxxx	Elective	3					
				16-17					6-9

TOTAL: 120-128 credit hours

This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.

1. For a listing of General Education courses, see catalog.

2. Students must receive a "C" or better in all Kinesiology and Sports Studies courses and BIO 2001G.

3. Students must receive a grade of "C" or better in KSS 1500 and KSS 2440 for admission to the Kinesiology and Sports Studies Department. Enrollment in upper division KSS courses is contingent upon admission to the department.