## Kinesiology and Sports Studies

Eastern Illinois University Charleston, Illinois 61920

**Degree Program:** BS in Athletic Training

Freshman Year
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ENG   1001G   Composition and Language   3	Fall Semester			SH	Spring Semester			SH
CMM   310G			Composition and Language				Human Physiology	
PSY								3
BIO   1001G   General Biology   3   KSS   2140   Structural Kinesiology   3   3   KSS   2135   Athletic Training Practicum   1   ENG   1002G   Composition and Literature   3   3   3   3   3   3   3   3   3							9	
RSS   2130								3
RSS			<del></del>					
Sophomore Vear           Fall Semester         SH         Spring Semester         SH           KSS         3140         Injury Recognition - Upper Extremity         2         KSS         3141         Injury Recognition-Lower Extremity         2           KSS         3150         Clinical Skills - Upper Extremity         2         KSS         3151         Clinical Skills - Lower Extremity         2           Low Principles of Human Health         3         GEN         xxxxx         Gen Ed Fine Arts         3           BIO         2200         Purman Anatomy         4         FCS         2100         Personal Nutrition         3           BIO         2201         Human Anatomy         4         FCS         2100         Personal Nutrition         3           Junior Year           Fall Semester         S         Spring Semester         Semester         S         4         FCS         3800         Biomechanics         3           Fall Semester         S         Spring Semester         S         Fragmentic Modalities         2         KSS         3143         Therapeutic Modalities         2         KSS         3143         Clinica			_				-	
Sophomore Vear           Fall Semester         SH         Spring Semester         SH           KSS         3140         Injury Recognition - Upper Extremity         2         KSS         3141         Injury Recognition-Lower Extremity         2           KSS         3150         Clinical Skills - Upper Extremity         2         KSS         3151         Clinical Skills - Lower Extremity         2           Low Principles of Human Health         3         GEN         xxxxx         Gen Ed Fine Arts         3           BIO         2200         Purman Anatomy         4         FCS         2100         Personal Nutrition         3           BIO         2201         Human Anatomy         4         FCS         2100         Personal Nutrition         3           Junior Year           Fall Semester         S         Spring Semester         Semester         S         4         FCS         3800         Biomechanics         3           Fall Semester         S         Spring Semester         S         Fragmentic Modalities         2         KSS         3143         Therapeutic Modalities         2         KSS         3143         Clinica								
Fall Semester   SH   Spring Semester   SH   KSS   3140   Injury Recognition - Upper Extremity   2   KSS   3141   Injury Recognition-Lower Extremity   2   KSS   3151   Clinical Skills - Upper Extremity   2   KSS   3151   Clinical Skills - Lower Extremity   3   KSS   3800   Biomechanics   3   KSS				16				17
KSS   31-40	Sophom	ore Year	•					
KSS   3150   Clinical Skills - Upper Extremity   2   KSS   3151   Clinical Skills - Lower Extremity   2   HST   2000   Principles of Human Health   3   GEN   xxxxx   Gen Ed Fine Arts   3   GEN   xxxxx   Gen Ed Humantics   3   BIO   2200   Human Anatomy   4   PCS   2100   Personal Nutrition   3   KSS   3800   Biomechanics   3    Ida   FCS   2100   Personal Nutrition   3   KSS   3800   Biomechanics   3    Ida   FCS   2100   Personal Nutrition   3   KSS   3800   Biomechanics   3    Ida   FCS   2100   Personal Nutrition   3   KSS   3142   Therapeutic Exercise   2   KSS   3143   Therapeutic Modalities   2   KSS   3142   Therapeutic Exercise   2   KSS   3143   Therapeutic Modalities   2   KSS   3152   Clinical Skills - Therapeutic Exercise   2   KSS   3153   Clinical Skills - Therapeutic Modalities   2   KSS   4340   Principles of Exercise Physiology   3   KSS   3440   Physical Fitness Appraisal   3   KSS   1600   Weight Training   1   KSS   3180   Gen Medical Conditions in the Athlete   2   FCS   4755   Nutrition for Physical Performance   3   KSS   3181   AT Field Experience   2   GEN   xxxx   Gen Ed Fine Arts or Humanities   3   NUR   3203   Medical Terminology   3   GEN   xxxx   Gen Ed Social/Behavioral Science   3   KSS   3154   Seminar in Sports Medicine   2   KSS   4275   Field Experience   3   KSS   3154   Seminar in Sports Medicine   2   KSS   4900   Special Topics in KSS   1   KSS   4500   Research & Statistics in KSS   3   EIU   4xxx   Senior Seminar   3   KSS   4460   Principles of Resistance Training   3   XXX   xxxx   Foreign Language or Elective   3-4   KSS   4900   Special Topics in KSS   1   GEN   xxxx   Gen Ed Physical Science (physics)   3-4   KSS   4900   Special Topics in KSS   1   GEN   xxxx   Gen Ed Physical Science (physics)   3-4   KSS   4900   Special Topics in KSS   1   GEN   xxxx   Gen Ed Physical Science (physics)   3-4   KSS   4900   Special Topics in KSS   1   GEN   xxxx   Gen Ed Physical Science (physics)   3-4   KSS   4900   Special Topics in KSS   1   GEN   xxxx   Gen Ed Physical S	Fall Semester			SH	Spring Semester		SH	
HST   2000	KSS	3140	Injury Recognition - Upper Extremity	2	KSS	3141	Injury Recognition-Lower Extremity	2
Semior   S	KSS	3150	Clinical Skills - Upper Extremity	2	KSS	3151	Clinical Skills - Lower Extremity	2
BIO   2200   Human Anatomy   4   FCS   2100   Personal Nutrition   3   3   3   3   3   3   3   3   4   4	HST	2000	Principles of Human Health	3	GEN	XXXX	Gen Ed Fine Arts	3
14	GEN	XXXX	Gen Ed Humanities	3	MAT	XXXX	Gen Ed Mathematics	3
14	BIO	2200	Human Anatomy	4	FCS	2100	Personal Nutrition	3
Junior YearFall SemesterSHSpring SemesterSHKSS3142Therapeutic Exercise2KSS3143Therapeutic Modalities2KSS3152Clinical Skills - Therapeutic Exercise2KSS3153Clinical Skills - Therapeutic Modalities2KSS4340Principles of Exercise Physiology3KSS4440Physical Fitness Appraisal3KSS1600Weight Training1KSS3180Gen Medical Conditions in the Athlete2FCS4755Nutrition for Physical Performance3KSS3181AT Field Experience2GENxxxxxGen Ed Fine Arts or Humanities3NUR3203Medical Terminology3GENxxxxxGen Ed Social/Behavioral Science3Semior YearFall SemesterSHSpring SemesterSHKSS3144Seminar in Sports Medicine2KSS4275Field Experience3KSS3154Seminar in Sports Medicine2KSS4900Special Topics in KSS1KSS4500Research & Statistics in KSS3EIU4xxxSenior Seminar3KSS4900Special Topics of Resistance Training3XXXXxxxxForeign Language or Elective3-4KSS4900Special Topics in KSS1GENxxxxGen Ed Physical Science (physics)3-4KSS4900Sp					KSS	3800	Biomechanics	3
Fall Semester         SH         Spring Semester         SH           KSS         3142         Therapeutic Exercise         2         KSS         3143         Therapeutic Modalities         2           KSS         3152         Clinical Skills - Therapeutic Exercise         2         KSS         3153         Clinical Skills - Therapeutic Modalities         2           KSS         4340         Principles of Exercise Physiology         3         KSS         4440         Physical Fitness Appraisal         3           KSS         1600         Weight Training         1         KSS         3180         Gen Medical Conditions in the Athlete         2           FCS         4755         Nutrition for Physical Performance         3         KSS         3181         AT Field Experience         2           GEN         xxxxx         Gen Ed Fine Arts or Humanities         3         NUR         3203         Medical Terminology         3           GEN         xxxxx         Gen Ed Social/Behavioral Science         3           Fall Semester         SH         Spring Semester         SH           KSS         3144         Seminar in Sports Medicine         2         KSS         4275         Field Experience         3				14				16
KSS         3142         Therapeutic Exercise         2         KSS         3143         Therapeutic Modalities         2           KSS         3152         Clinical Skills - Therapeutic Exercise         2         KSS         3153         Clinical Skills - Therapeutic Modalities         2           KSS         4340         Principles of Exercise Physiology         3         KSS         4440         Physical Fitness Appraisal         3           KSS         1600         Weight Training         1         KSS         3180         Gen Medical Conditions in the Athlete         2           FCS         4755         Nutrition for Physical Performance         3         KSS         3181         AT Field Experience         2           GEN         xxxx         Gen Ed Fine Arts or Humanities         3         NUR         3203         Medical Terminology         3           GEN         xxxx         Gen Ed Social/Behavioral Science         3	Junior Y	<b>Zear</b>						
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KSS         1600         Weight Training         1         KSS         3180         Gen Medical Conditions in the Athlete         2           FCS         4755         Nutrition for Physical Performance         3         KSS         3181         AT Field Experience         2           GEN         xxxx         Gen Ed Fine Arts or Humanities         3         NUR         3203         Medical Terminology         3           GEN         xxxxx         Gen Ed Social/Behavioral Science         3           Senior Year           Fall Semester         SM         Spring Semester         SH           KSS         3144         Seminar in Sports Medicine         2         KSS         4275         Field Experience         3           KSS         3154         Seminar in Sports Medicine         2         KSS         4900         Special Topics in KSS         1           KSS         4500         Research & Statistics in KSS         3         EIU         4xxx         Senior Seminar         3           KSS         4900         Special Topics in KSS         1         GEN         xxxx         Foreign Language or Elective         3-4           KSS         4900         Special Topics in KSS         1         GEN <td>KSS</td> <td>3152</td> <td>-</td> <td>2</td> <td>KSS</td> <td>3153</td> <td>Clinical Skills - Therapeutic Modalities</td> <td>2</td>	KSS	3152	-	2	KSS	3153	Clinical Skills - Therapeutic Modalities	2
FCS 4755 Nutrition for Physical Performance 3 KSS 3181 AT Field Experience 2 GEN xxxx Gen Ed Fine Arts or Humanities 3 NUR 3203 Medical Terminology 3 GEN xxxx Gen Ed Social/Behavioral Science 3  14 17  Senior Year  Fall Semester SH KSS 3144 Seminar in Sports Medicine 2 KSS 4275 Field Experience 3 KSS 3154 Seminar in Sports Medicine 2 KSS 4900 Special Topics in KSS 1 KSS 4500 Research & Statistics in KSS 3 EIU 4xxx Senior Seminar 3 KSS 4460 Principles of Resistance Training 3 XXXX xxxx Foreign Language or Elective 3-4 KSS 4900 Special Topics in KSS 1 GEN xxxx Gen Ed Physical Science (physics) 3-4 XXX xxxx Foreign Language or Elective 3-4  14-15 13-15	KSS	4340	Principles of Exercise Physiology	3	KSS	4440	Physical Fitness Appraisal	3
FCS 4755 Nutrition for Physical Performance 3 KSS 3181 AT Field Experience 2 GEN xxxx Gen Ed Fine Arts or Humanities 3 NUR 3203 Medical Terminology 3 GEN xxxx Gen Ed Social/Behavioral Science 3  14 Presenter Semior Year  Fall Semester SH Spring Semester SH SSS 3144 Seminar in Sports Medicine 2 KSS 4275 Field Experience 3 KSS 3154 Seminar in Sports Medicine 2 KSS 4900 Special Topics in KSS 1 KSS 4500 Research & Statistics in KSS 3 EIU 4xxx Senior Seminar 3 KSS 4460 Principles of Resistance Training 3 XXXX xxxx Foreign Language or Elective 3-4 KSS 4900 Special Topics in KSS 1 KSS 4900 Special Topics in KSS 1 KSS 4900 Special Topics in KSS 1 KSS 4900 Special Topics of Resistance Training 3 XXXX xxxx Foreign Language or Elective 3-4 KXX xxxx Foreign Language or Elective 3-4 XXX x	KSS	1600	Weight Training	1	KSS	3180	Gen Medical Conditions in the Athlete	2
GEN xxxx Gen Ed Fine Arts or Humanities 3 NUR 3203 Medical Terminology 3 GEN xxxx Gen Ed Social/Behavioral Science 3  14 Page 14 Page 14 Page 15 Page 15 Page 15 Page 15 Page 15 Page 16 Page	FCS	4755	-	3	KSS	3181	AT Field Experience	2
Senior Year   14   17   17   17   17   18   18   19   19   19   19   19   19	GEN	XXXX		3	NUR	3203		3
Fall Semester KSS 3144 Seminar in Sports Medicine 2 KSS 4275 Field Experience 3 KSS 3154 Seminar in Sports Medicine 2 KSS 4900 Special Topics in KSS 1 KSS 4500 Research & Statistics in KSS 3 EIU 4xxx Senior Seminar 3 KSS 4460 Principles of Resistance Training 3 XXX xxxx Foreign Language or Elective 3-4 KSS 4900 Special Topics in KSS 1 GEN xxxx Gen Ed Physical Science (physics) 3-4 XXX xxxx Foreign Language or Elective 3-4  14-15 13-15					GEN	xxxx		3
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KSS 4500 Research & Statistics in KSS 3 EIU 4xxx Senior Seminar 3  KSS 4460 Principles of Resistance Training 3 XXX xxxx Foreign Language or Elective 3-4  KSS 4900 Special Topics in KSS 1 GEN xxxx Gen Ed Physical Science (physics) 3-4  XXX xxxx Foreign Language or Elective 3-4  14-15 13-15	KSS	3144	Seminar in Sports Medicine	2	KSS	4275	Field Experience	3
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				14-15				13-15
				-			TOTAL: 121-124 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.

<sup>1.</sup> For a listing of General Education courses, see catalog.

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