

EFFECTIVE DATE: FALL 2016**Program Revision Request: B.S. in Kinesiology & Sports Studies: Exercise Science Concentration****Reason for the Request:**

These changes are designed to support the Exercise Science concentration's endorsement with the National Strength and Conditioning Association by promoting functional resistance training and leadership in the field of Exercise Science. With the addition of the course, Functional Resistance Training and Group Fitness Leadership (3 credits), the rigor and professional preparation for our students will continue to increase. At this time, our Exercise Science students are required to take Technique and Theory of Aerobic Exercise and Strength Training (KSS 2104 – 2 credits). This class would be deleted with the addition of the new course. The one credit aquatics course would also be deleted as this course is not essential to the Exercise Science Concentration.

This change is necessary to better prepare our students for certification with professional organizations and to better prepare students for application of knowledge in higher level courses. Our students will also be better prepared for quality internship opportunities, graduate school, and professional careers within the Exercise Science field.

APPROVALS:**DATE APPROVED BY DEPARTMENT: February 11, 2016****DATE APPROVED BY CEPS CURRICULUM COMMITTEE:****DATE APPROVED BY CAA:**

Kinesiology & Sports Studies: Exercise Science Concentration

(B.S.)

Current Catalog Copy

Total Semester Hours Required for the Degree: 120 semester hours

Major

Semester Hours required for the Major: 62-65 semester hours

Criteria for admission to the Kinesiology & Sports Studies Major: Exercise Science Concentration:

1. Completion of BIO 2210 (or equivalent) with a grade of C or better;
2. Completion of KSS 1500 and KSS 2440 (or equivalent) with a grade of C or better.

Core Requirements:

- KSS Aquatics course. Credits: 1
- BIO 2210 - Anatomy and Physiology I. Credits: 4
- BIO 2220 - Anatomy and Physiology II. Credits: 4
- FCS 2100 - Personal Nutrition. Credits: 3
- FCS 4755 - Nutrition for Physical Performance. Credits: 3
- HST 3110 - First Aid/CPR/AED for the Health and Fitness Professional. Credits: 4
- KSS 1310 - Aqua Exercise. Credits: 1
- KSS 1500 - Kinesiology and Sports Studies as a Profession. Credits: 2
- KSS 2104 - Technique and Theory of Aerobic Exercise and Strength Training. Credits: 2
- KSS 2135 - Basic Care and Prevention of Athletic Injuries. Credits: 3
- KSS 2440 - Structural Kinesiology. Credits: 3
- KSS 2850 - Fitness for Life. Credits: 3
- KSS 3720 - Exercise Psychology. Credits: 2
- KSS 3800 - Biomechanics of Human Movement. Credits: 3
- KSS 3860 - Organization and Administration in Exercise Science. Credits: 3
- KSS 4275 - Internship. Credits: 3-9

(Register for a minimum of 6 credits)

- KSS 4340 - Principles of Exercise Physiology. Credits: 3
- KSS 4440 - Physical Fitness Appraisal and Performance Assessment. Credits: 3
- KSS 4450 - Exercise Prescription for General and Special Populations. Credits: 3
- KSS 4460 - Principles of Resistance Training. Credits: 3
- KSS 4900 - Special Topics in Kinesiology and Sports Studies. Credits: 1

(3 special topics approved by advisor)

(Special Topic Course Numbers: KSS 4900 and KSS 4900A-W)

Footnotes:

A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology and Sports Studies courses counting toward the major.

Aquatics Proficiency: If you pass the aquatics proficiency exam, you must then take an additional KSS activity course.

(Major GPA based on all Kinesiology and Sports Studies courses taken at EIU)

Total Semester Hours Required for the Degree: 120 semester hours

Kinesiology & Sports Studies: Exercise Science Concentration

(B.S.)

Proposed Catalog Copy

Total Semester Hours Required for the Degree: 120 semester hours

Major

Semester Hours required for the Major: 62-65 semester hours

Criteria for admission to the Kinesiology & Sports Studies Major: Exercise Science Concentration:

1. Completion of BIO 2210 (or equivalent) with a grade of C or better;
2. Completion of KSS 1500 and KSS 2440 (or equivalent) with a grade of C or better.

Core Requirements:

~~•KSS Aquatics course. Credits: 1~~

- BIO 2210 - Anatomy and Physiology I. Credits: 4
- BIO 2220 - Anatomy and Physiology II. Credits: 4
- FCS 2100 - Personal Nutrition. Credits: 3
- FCS 4755 - Nutrition for Physical Performance. Credits: 3
- HST 3110 - First Aid/CPR/AED for the Health and Fitness Professional. Credits: 4
- KSS 1310 - Aqua Exercise. Credits: 1
- KSS 1500 - Kinesiology and Sports Studies as a Profession. Credits: 2
- ~~•KSS 2104 - Technique and Theory of Aerobic Exercise and Strength Training. Credits: 2~~
- KSS 2135 - Basic Care and Prevention of Athletic Injuries. Credits: 3
- KSS 2440 - Structural Kinesiology. Credits: 3
- KSS 2850 - Fitness for Life. Credits: 3
- KSS 3104 - Functional Resistance Training and Group Leadership. Credits: 3**
- KSS 3720 - Exercise Psychology. Credits: 2
- KSS 3800 - Biomechanics of Human Movement. Credits: 3
- KSS 3860 - Organization and Administration in Exercise Science. Credits: 3
- KSS 4275 - Internship. Credits: 3-9

(Register for a minimum of 6 credits)

- KSS 4340 - Principles of Exercise Physiology. Credits: 3
- KSS 4440 - Physical Fitness Appraisal and Performance Assessment. Credits: 3
- KSS 4450 - Exercise Prescription for General and Special Populations. Credits: 3
- KSS 4460 - Principles of Resistance Training. Credits: 3
- KSS 4900 - Special Topics in Kinesiology and Sports Studies. Credits: 1

(3 special topics approved by advisor)

(Special Topic Course Numbers: KSS 4900 and KSS 4900A-W)

Footnotes:

A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology and Sports Studies courses counting toward the major.

~~**-Aquatics Proficiency: If you pass the aquatics proficiency exam, you must then take an additional KSS activity course.**~~

(Major GPA based on all Kinesiology and Sports Studies courses taken at EIU)

Total Semester Hours Required for the Degree: 120 semester hours