

**Proposed Exercise Science B.S. Major**

(New major to replace the current “B.S. in Kinesiology and Sports Studies: Exercise Science Concentration”)

**Rationale for Change:** We have averaged 300 students declaring Exercise Science as their concentration since fall 2015. A separate Exercise Science B.S. degree will be more appealing to undergraduates since “Exercise Science” will appear on their diploma, giving a better description of their educational training. Additionally, this will allow Exercise Science to be listed in the “Choose My Major” list and other locations within Admissions web sites and recruiting materials. It would allow for a clear picture of the exact expectations of Exercise Science as a program of study. The current Exercise Science and Sport Management concentrations are considerably different, but since they are currently listed under the same major it is confusing to students to decipher specific program requirements. Additionally, having Exercise Science as a major will allow for specific analysis of assessment data.

Effective Date: Fall 2018

Date of Departmental Approval: March 31, 2017

Date of College Curriculum Committee Approval:

Date of CAA Approval:

## **Kinesiology & Sports Studies: Exercise Science Concentration (B.S)**

**Total Semester Required For the Degree: 120 semester hours**

**Exercise Science provides students with the scientific knowledge of the underlying principles of exercise training through instruction and practical experience.**

### **Major**

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

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

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.

**General education requirements plus:**

**Semester Hours required for the Major: 62-65**

### **Core Requirements:**

- 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 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 Fitness 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.

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