

Proposed B.S. in Exercise Science with Pre-Occupational Therapy Option

Summary: The Department of Kinesiology and Sports Studies is proposing the creation of a B.S. in Exercise Science with Pre-Occupational Therapy Option. The courses required for the completion of the Option are currently being offered. While the Biology Department offers a similar preparation in Pre-Occupational Therapy, the focus of the major is in the Biological Sciences. Biology Department administrators were consulted regarding this proposal and have approved the creation of this Option. Additionally, all other departments for the classes listed in this Option have been contacted and positive feedback has been received from all of them.

Rationale for Proposal: The Bureau of Labor Statistics reports an estimated 21% increase in projected employment growth for occupational therapists through 2026, much faster than the average for all occupations. Anecdotal data from students in the Exercise Science major show that there is a strong interest among students to pursue an advanced degree in Occupational Therapy. The Exercise Science curriculum prepares students in many content areas that are necessary for successful acceptance into an Occupational Therapy Master's- or Doctoral-Level program. With the addition of a Pre-Occupational Therapy Option to the Exercise Science major, courses will be outlined for students to increase that likelihood of success even more.

Unfortunately, not all students who apply are accepted to an Occupational Therapy program. Fortunately, students who pursue a B.S. in Exercise Science with Pre-Occupational Therapy Option will also have the courses necessary to explore other career possibilities within Exercise Science as well.

Effective Date: Fall 2018

Date of Departmental Approval: January 24, 2018

Date of College Curriculum Committee Approval:

Date of CAA Approval:

Exercise Science (B.S.): Pre-Occupational Therapy Option

Total Semester Hours Required for the Degree: 120 semester hours

Major

Semester Hours required for the Major: 93 semester hours

Criteria for admission to the Exercise Science Major with Pre-Occupational Therapy Option

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.

Major Requirements:

- BIO 1500 – General Biology I. Credits: 4
- BIO 1550G – General Biology II. Credits: 4 (also counted as general education – Scientific Awareness)
- BIO 2210 - Anatomy and Physiology I. Credits: 4
- BIO 2220 - Anatomy and Physiology II. Credits: 4
- CHM 1310G – General Chemistry I. Credits: 3. (also counted as general education – Scientific Awareness)
- CHM 1315G – General Chemistry I Lab. Credits: 1 (also counted as general education – Scientific Awareness)
- FCS 2100 - Personal Nutrition. Credits: 3
- FCS 3757 - Nutrition for Physical Performance. Credits: 3
- 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)
- MAT 2250G – Statistics. Credits: 4 (also counted as general education – Mathematics)
- NUR 3203 – Medical Terminology. Credits: 3
- PHY 1151G – Principles of Physics I. Credits: 3
- PHY 1152G – Principles of Physics I Lab. Credits: 1
- PSY 1879G – Introduction to Psychology. Credits: 3 (also counted as general education – Social & Behavioral Sciences)
- PSY 3515 – Child Psychology. Credits: 3
- PSY 3780 – Abnormal Psychology. Credits: 3
- SOC 1838G – Introduction to Sociology. Credits: 3 (also counted as general education – Social & Behavioral Sciences)

Additional requirement: First Aid/CPR/ AED certification from an accredited agency

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)

Kinesiology and Sports Studies

Eastern Illinois University

Charleston, Illinois 61920

Degree Program: BS in Exercise Science with Pre-Occupational Therapy Option**Freshman Year**

| <i>Fall Semester</i> | | | | <i>SH</i> | <i>Spring Semester</i> | | | | <i>SH</i> |
|----------------------|-------|---------------------------------|---|-----------|------------------------|-------|----------------------------|---|-----------|
| ENG | 1001G | Composition and Language | 3 | | KSS | 1500 | KSS as a Profession | 2 | |
| CMN | 1310G | Intro to Speech Communication | 3 | | KSS | 2440 | Structural Kinesiology | 3 | |
| BIO | 1500 | General Biology I | 4 | | KSS | 1310 | Aqua Exercise | 1 | |
| PSY | 1879G | Introduction to Psychology | 3 | | ENG | 1002G | Composition and Literature | 3 | |
| PHI | 1000G | God, Freedom, Knowledge, Values | 3 | | BIO | 1550G | General Biology II | 4 | |
| | | | | | GEN | xxxx | Gen Ed Fine Arts | 3 | |
| | | | | 16 | | | | | 16 |

Sophomore Year

| <i>Fall Semester</i> | | | | <i>SH</i> | <i>Spring Semester</i> | | | | <i>SH</i> |
|----------------------|-------|-----------------------------|---|-----------|------------------------|------|---------------------------------------|---|-----------|
| BIO | 2210 | Anatomy and Physiology I | 4 | | KSS | 2135 | Basic Care and Prevention of Injuries | 3 | |
| KSS | 2850 | Fitness for Life | 3 | | KSS | 3720 | Exercise Psychology | 2 | |
| FCS | 2100 | Personal Nutrition | 3 | | KSS | 3800 | Biomechanics of Human Movement | 3 | |
| GEN | xxxx | Gen Ed Humanities/Fine Arts | 3 | | GEN | xxxx | Gen Ed Social/Behavioral Science | 3 | |
| SOC | 1838G | Introduction to Sociology | 3 | | BIO | 2220 | Anatomy and Physiology II | 4 | |
| | | | | | FCS | 1800 | Lifespan Human Development | 3 | |
| | | | | 16 | | | | | 18 |

Junior Year

| <i>Fall Semester</i> | | | | <i>SH</i> | <i>Spring Semester</i> | | | | <i>SH</i> |
|----------------------|---------|-----------------------------------|---|-----------|------------------------|------|------------------------------------|---|-----------|
| KSS | 4340 | Principles of Exercise Physiology | 3 | | KSS | 4440 | Physical Fitness Appraisal | 3 | |
| KSS | 3104 | Resistance Training/Group Fitness | 3 | | KSS | 3860 | Org & Admin in Spt Mgt/Ex Sci | 3 | |
| | | | | | KSS | 4900 | Special Topics in KSS | 1 | |
| CHM | 1310/15 | Chemistry I | 4 | | FCS | 3757 | Nutrition for Physical Performance | 3 | |
| MAT | 2250G | Statistics | 4 | | PSY | 3780 | Abnormal Psychology | 3 | |
| PSY | 3515 | Child Psychology | 3 | | NUR | 3203 | Medical Terminology | 3 | |
| | | | | 17 | | | | | 16 |

Senior Year

| <i>Fall Semester</i> | | | | <i>SH</i> | <i>Spring Semester</i> | | | | <i>SH</i> |
|----------------------|-------|-----------------------------------|---|-----------|------------------------|------|------------------|---|-----------|
| KSS | 4450 | Exercise Prescription | 3 | | KSS | 4275 | Field Experience | 6 | |
| KSS | 4460 | Principles of Resistance Training | 3 | | | | | | |
| KSS | 4900 | Special Topics in KSS | 2 | | | | | | |
| EIU | 4xxx | Senior Seminar | 3 | | | | | | |
| PHY | 1151G | Physics I | 3 | | | | | | |
| PHY | 1152G | Physics I Lab | 1 | | | | | | |
| | | | | 15 | | | | | 6 |

TOTAL: 120 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 2210 and BIO 2220.
3. All Exercise Science students are not accepted into major and cannot take any upper division KSS courses until they have taken BIO 2210, KSS 1500 and KSS 2440 and received a grade of "C" or better in each course.
4. Students should look into specific prerequisites for the Masters or Doctor of Occupational Therapy schools they are interested in.