

### **Proposed B.S. in Exercise Science with Pre-Physical Therapy Option**

**Summary:** The Department of Kinesiology and Sports Studies is proposing the creation of a B.S. in Exercise Science with Pre-Physical 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-Physical 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 25% increase in projected employment growth for physical therapists through 2026, much faster than the average for all occupations. Anecdotal data from students in the Exercise Science major show that a large number of students (approximately 70) plan to pursue an advanced degree in Physical Therapy. The Exercise Science curriculum prepares students in many content areas that are necessary for successful acceptance into a Doctorate in Physical Therapy program. With the addition of a Pre-Physical 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 a Doctorate in Physical Therapy program. The PTCAS reported in 2015-2016 that of 18,475 applicants, only 9,227 were accepted. Fortunately, students who pursue a B.S. in Exercise Science with Pre-Physical 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-Physical Therapy Option**

**Total Semester Hours Required for the Degree: 125 semester hours**

## **Major**

**Semester Hours required for the Major: 101 semester hours**

## **Criteria for admission to the Exercise Science Major with Pre-Physical 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)
- CHM 1410 – General Chemistry II. Credits: 3
- CHM 1415 – General Chemistry II Lab. Credits: 1
- 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
- PHY 1161 – Principles of Physics II. Credits: 3
- PHY 1162 – Principles of Physics II 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: B.S. in Exercise Science with Pre-Physical 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
GEN	xxxx	Gen Ed Humanities or Fine Arts		3	BIO	1550G	General Biology II		4
					GEN	xxxx	Gen Ed Humanities		3
				<b>16</b>					<b>16</b>

**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 Fine Arts		3	GEN	xxxx	Gen Ed Social/Behavioral Science		3
SOC	1838G	Introduction to Sociology		3	BIO	2220	Anatomy and Physiology II		4
					PSY	3515	Child Psychology		3
				<b>16</b>					<b>18</b>

**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
CHM	1310/15	Chemistry I		4	KSS	4900	Special Topics in KSS		2
MAT	2250G	Statistics		4	FCS	3757	Nutrition for Physical Performance		1
					CHM	1410/15	Chemistry II		4
				<b>14</b>					<b>13</b>

**Summer - PHY 1151G and 1152G (4 cr, 4 week session), PHY 1161 and 1162 (4 cr, 6 week session) 8****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		1					
EIU	4xxx	Senior Seminar		3					
PSY	3780	Abnormal Psychology		3					
NUR	3203	Medical Terminology		3					
				<b>16</b>					<b>6</b>

**TOTAL: 123 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 Doctor of Physical Therapy schools they are interested in.