

Department of Kinesiology & Sports Studies**Program Revision Request: Exercise Science (B.S.)****Summary of requested changes, with rationale:**Core Requirements

- Add KSS 4274 – Pre-Internship in KSS. Credits: 1

Identification, selection and securing of an internship site are critical components of the student's overall success with the internship experience. This course will better equip students for all aspects of the internship experience through identification of professional strengths, expectations of the internship and alignment with departmental objectives. A variety of professional development topics will be included in the course.

- Remove HST 3110 – First Aid/CPR/AED for the Health and Fitness Professional.
Credits: 4
 - The Department of Health Promotion is supportive of this request.

Footnotes

- Require Exercise Science major students to show proof of Adult First Aid/CPR/AED certification prior to KSS 4275 – Internship.
 - The National Strength & Conditioning Association (NSCA) Education Recognition Program requires students to possess this certification. The NSCA has approved the program requirement to show proof of certification, in the absence of curricular content.
 - Certification can be acquired off campus at a much lower cost.
- Limit the number of times an Exercise Science major student can take 3000 and 4000-level KSS courses.

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)

Total Semester Hours 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.

Criteria required for admission to the Exercise Science 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~~ 59-62

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 3757 - 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 4274 – Pre-Internship in KSS. Credits: 1**
- 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)

Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSS 4275 – Internship.

Exercise Science major students may receive a grade in 3000 and 4000-level Kinesiology and Sports Studies courses a maximum of two times. After a grade has been recorded in a 3000 or 4000-level KSS course at EIU, the Department of Kinesiology and Sports Studies will not accept subsequent transfer of an equivalent course from another institution unless the KSS department has given prior written approval to enroll in the specific course at the specific institution. If after a second grade has been recorded for a given course and the student has not received a grade of C or better, the student will not be allowed to continue as an Exercise Science major and shall consult with his or her advisor to select a different major. Student appeals shall follow the procedures described in the EIU Grade Appeal Policy.