

NAME	
E NUMBER	
CATALOG	

2023-2024

GENERAL REQUIREMENTS: 40 HRS

LANGUAGE: 9 HRS

Grade of "C" or better is required.

COURSE	HOURS	GRADE	SEMESTER
ENG 1001G Composition & Language	3		
ENG 1002G Composition & Language II	3		
CMN 1310G Intro. to Speech Comm.	3		

HUMANITIES/FINE ARTS: 9 HRS

COURSE	HOURS	GRADE	SEMESTER
Humanities	3		
Fine Arts	3		
Humanities or Fine Arts	3		

SOCIAL/BEHAVIORAL SCIENCE: 9 HRS

Must be from two different disciplines. One course must meet Cultural & Diversity requirement

COURSE	HOURS	GRADE	SEMESTER
	3		
	3		
	3		

EXERCISE SCIENCES CORE REQ.: 54-57 HRS

COURSE	HOURS	GRADE	SEMESTER
BIO 2210* Anatomy & Physiology I	4		
BIO 2220 Anatomy & Physiology II	4		
NTR 2100 Personal Nutrition	3		
NTR 3757 Nutrition for Physical Perform.	3		
KSR 1310 Aqua Exercise	1		
KSR 1500* KS&R as a Profession	2		
KSR 1600 Intro to Resistance Training	2		
KSR 1692 Intro to Group Fitness	1		
KSR 2440* Structural Kinesiology	3		
KSR 2850 Fitness for Life	3		
KSR 3104 Functional Resistance Training & Group Fitness Leadership	3		
KSR 3720 Exercise Psychology	2		
KSR 3800 Biomechanics of Human Mvmt	3		
KSR 3860 Organization & Administration in Exercise Science	3		
KSR 4274 Pre-Internship & Career Development in KS&R	1		
KSR 4275 Internship	6-9		
KSR 4340 Principles of Exercise Phys.	3		
KSR 4440 Physical Fitness Appraisal & Performance Assessment	3		
KSR 4450 Exercise Prescription for General & Special Populations	4		
KSR 4460 Principles of Resist. Training	3		
KSR 4900 Special Topics in KS&R	1		
KSR 4900 Special Topics in KS&R	1		
KSR 4900 Special Topics in KS&R	1		

SCIENCE AWARENESS: 7 HRS

One biological and one physical science course, one of which must involve a lab.

	COURSE	HOURS	GRADE	SEMESTER
BIO	Lab? 🔲			
Phy. Sci.	Lab? 🔲			

MATHEMATICS: 3 HRS

COURSE	HOURS	GRADE	SEMESTER
MAT	3		

SENIOR SEMINAR: 3 HRS

Senior topic must be outside the major area. See Undergraduate Catalog for Senior Seminars outside of Human Services.

COURSE	HOURS	GRADE	SEMESTER
EIU	3		

FOREIGN LANGUAGE: 0-8 HRS

☐ Exempt if 2 yrs in high school with "C" average.

	COURSE	HOL	JRS GRADE	SEMESTER
WL	G	4		
WL	G	4		

GENERAL ELECTIVES:

Select elective courses in any field to complete the graduation requirement of 120 semester hours.

COURSE	HOURS	GRADE	SEMESTER

Consult Catalog for pre-requisites

GRADUATION REQUIREMENTS:

	120 Hours
	40 SH of upper division courses (3000+)
	30 SH in residence at EIU
	30 SH junior-senior residency
	12 SH senior residency
	56 SH at senior institution

	2.00 Cumulative GPA
	2.00 Major GPA
	Cultural Diversity
	Application for Graduation (First semester junior year)
	Electronic Writing Portfolio 1 2 2
_	See www.eiu.edu/~assess/ for requirements

^{*}grade of C or better required fro admssion to the Exercise Science Major

BACHELOR OF SCIENCES IN EXERCISE SCIENCE

SUGGESTED 4-YEAR SEQUENCE

NOTES, QUESTIONS, MINOR REQUIREMENTS:

SUGGESTED 4-YEAR SEQUENCE			
YEAR 1 MUST EARN 30+ SH FOR SOPHOMORE STATUS FALL SPRING			
ENG 1001G CMN 1310G Physical Science Social/Behavioral Science Humanities/Fine Arts	3 3 4 3 3	KSR 1500 KSR 2440 KSR 1310 ENG 1002G Math Humanities	2 3 1 3 3 3
Total	16	Total	15
YEAR 2 MUST EARN 60+ SH FOR JUNIOR STATUS FALL SPRING			
BIO 2210 KSR 2850 NTR 2100 Fine Arts Social/Behavioral Science	4 3 3 3 3	KSR 1600 KSR 1692 KSR 3720 KSR 3800 BIO 2220 Social/Behavioral Science Free Elective	2 1 2 3 4 3 3
Total	16	Total	18
YEAR 3 MUST EARN 90+ SH FOR SENIOR STATUS FALL SPRING			
KSR 4340 KSR 3104 Biological Sciences Foreign Language/Elective Free Elective	3 3 3-4 3	KSR 4440 KSR 3860 KSR 4900 KSR 4900 NTR 3757 Foreign Language/Elective Free Elective	3 3 1 1 3 3-4 3
Total	15-16	Tota	17-18
YEAR 4 MUST EARN 120 SH TO GRADUATE FALL SPRING			
KSR 4450 KSR 4460 KSR 4900 KSR 4274	4 3 1 1 3	KSR 4275 Internship	6
Senior Seminar Free Elective Free Elective	3		

- 1. For a listing of General Education courses, see catalog.
- 2. A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- 3. All Exercise Science students are not accepted into major and cannot take any upper division KSR courses until they have taken BIO 2210, KSR 1500 and KSR 2440 and received a grade of "C" or better in each course.
- 4. Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 Internship.
- 5. 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 KSR course at EIU, the Department of Kinesiology, Sport, and Recreation will not accept subsequent transfer of an equivalent course from another institution unless the KSR 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.