

Kinesiology, Sport, and Recreation

Eastern Illinois University

Charleston, Illinois 61920

Degree Program: BS in Exercise Science with Pre-OT Option

Freshman Year

<i>Fall Semester</i>	<i>SH</i>	<i>Spring Semester</i>	<i>SH</i>
ENG 1001G Composition and Language	3	KSR 1500 KSR as a Profession	2
CMN 1310G Intro to Speech Communication	3	KSR 2440 Structural Kinesiology	3
BIO 1500 General Biology I	4	KSR 1310 Aqua Exercise	1
PSY 1879G Introduction to Psychology	3	ENG 1002G Composition and Literature	3
GEN xxxx General Education Humanities	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	KSR 2135 Basic Care and Prevention of Injuries	3
KSR 2850 Fitness for Life	3	KSR 3800 Biomechanics of Human Movement	3
NTR 2100 Personal Nutrition	3	NTR 3757 Nutrition for Physical Performance	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
		PSY 3515 Child Psychology	3
	16		18

Junior Year

<i>Fall Semester</i>	<i>SH</i>	<i>Spring Semester</i>	<i>SH</i>
KSR 4340 Principles of Exercise Physiology	3	KSR 4440 Physical Fitness Appraisal	3
KSR 3104 Resistance Training/Group Fitness	3	KSR 3860 Org & Admin in Spt Mgt/Ex Sci	3
CHM 1310/15 Chemistry I	4	KSR 4900 Special Topics in KSR	1
MAT 2250G Statistics	4	PSY 3780 Abnormal Psychology	3
XXX xxxx Foreign Language or Elective	3-4	NUR 3203 Medical Terminology	3
		XXX xxxx Foreign Language or Elective	3-4
	17		16

Senior Year

<i>Fall Semester</i>	<i>SH</i>	<i>Spring Semester</i>	<i>SH</i>
KSR 4450 Exercise Prescription	3	KSR 4275 Internship	6
KSR 4460 Principles of Resistance Training	3		
KSR 4900 Special Topics in KSR	2		
KSR 4274 Pre-Internship	1		
KSR 3720 Exercise Psychology	2		
PHY 1151G Physics I	3		
PHY 1152G Physics Lab	1		
EIU 4xxx Senior Seminar	3		
			6

18

TOTAL: 123-125 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. 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.