

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		
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	KSR	2135	Basic Care and Prevention of Injuries	3		
KSR	2850	Fitness for Life	3	KSR	3720	Exercise Psychology	2		
FCS	2100	Personal Nutrition	3	KSR	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		
				16					15

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	FCS	3757	Nutrition for Physical Performance	3		
				PSY	3780	Abnormal Psychology	3		
				NUR	3203	Medical Terminology	3		
				14					16

Senior Year

<i>Fall Semester</i>				<i>SH</i>	<i>Spring Semester</i>				<i>SH</i>
KSR	4450	Exercise Prescription	3	KSR	4275	Field Experience	6		
KSR	4460	Principles of Resistance Training	3						
KSR	4900	Special Topics in KSR	2						
KSR	4274	Pre-Internship	1						
EIU	4xxx	Senior Seminar	3						
PHY	1151G	Physics I	3						
PHY	1152G	Physics Lab	1						
				16					6

TOTAL: 121 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.