

Kinesiology, Sport and Recreation

Eastern Illinois University

Charleston, Illinois 61920

Degree Program: BS in Exercise Science with Pre-PT 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
	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	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
	16		18

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
		NUR 3203 Medical Terminology	3
	14		16

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		
KSS 4274 Pre-Internship in KSS	1		
EIU 4xxx Senior Seminar	3		
PSY 3780 Abnormal Psychology	3		
	14		6

TOTAL: 127 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.