



BS IN EXERCISE SCIENCE PRE-PHYSICAL THERAPY OPTION

AT EASTERN ILLINOIS UNIVERSITY

NAME	
E NUMBER	
CATALOG	

2026-2027

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
PSY 1879G	3		
SOC1838G	3		
	3		

EXERCISE SCIENCES CORE REQ.: 57-60 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 1600 Intro to Resistance Training	2		
KSR 2440* Structural Kinesiology	3		
KSR 2850 Fitness for Life	3		
KSR 3104 Functional Resistance Training & Group Fitness Leadership	3		
KSR 3340 Principles of Exercise Phys.	3		
KSR 3720 Exercise Psychology	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 4440 Physical Fitness Appraisal & Performance Assessment	3		
KSR 4450 Exercise Prescription for General & Special Populations	4		
KSR 4460 Principles of Resist. Training	3		
KSR 4768 Biomechanics of Human Mvmt	3		

SCIENCE AWARENESS: 7 HRS

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

COURSE	HOURS	GRADE	SEMESTER
BIO 1550G	4		
CHEM 1310/1315	4		

MATHEMATICS: 3 HRS

COURSE	HOURS	GRADE	SEMESTER
MAT 2250G	4		

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	HOURS	GRADE	SEMESTER
WL _____ G	4		
WL _____ G	4		

PLUS 3 SEMESTER HOURS FROM THE LIST BELOW			

- KSR 3901** Olympic Style Weightlifting Techniques (1 hr)
- KSR 3902** Neuromotor Training for Older Adults (1 hr)
- KSR 3903** Intro to Pharmacology for the Pre-Healthcare Professional (1 hr)
- KSR 3904** ECG Rhythm Strip Analysis and Interpretation (1 hr)
- KSR 3905** Effects of Cardiopulmonary meds on Exercise Response (1 hr)
- KSR 4902** Chronic Diseases/Conditions & Effects on Exercise Testing & Prescription (2 hrs)

ADDITIONAL PRE-PT OPTION COURSES

COURSE	HOURS	GRADE	SEMESTER
BIO 1500	4		
PSY 3515	3		
CHM 1410/1415	4		
NUR 2613	3		
PHY 1151/1152	4		
PHY 1161/1162	4		
PSY 3780	3		

GRADUATION REQUIREMENTS:

<input type="checkbox"/> 120 Hours
<input type="checkbox"/> 40 SH of upper division courses (3000+)
<input type="checkbox"/> 30 SH in residence at EIU
<input type="checkbox"/> 30 SH junior-senior residency
<input type="checkbox"/> 12 SH senior residency
<input type="checkbox"/> 56 SH at senior institution

<input type="checkbox"/> 2.00 Cumulative GPA
<input type="checkbox"/> 2.00 Major GPA
<input type="checkbox"/> Cultural Diversity
<input type="checkbox"/> Application for Graduation (First semester junior year)
<input type="checkbox"/> Electronic Writing Portfolio 1 <input type="checkbox"/> 2 <input type="checkbox"/>
See www.eiu.edu/~assess/ for requirements

BS IN EXERCISE SCIENCE PRE-PHYSICAL THERAPY OPTION

SUGGESTED 4-YEAR SEQUENCE

YEAR 1 MUST EARN 30+ SH FOR SOPHOMORE STATUS			
FALL		SPRING	
ENG 1001G	3	KSR 2440	3
CMN 1310G	3	KSR 2850	3
BIO 1500	4	ENG 1002G	3
PSY 1879G	3	BIO 1550G	4
Humanities/Fine Arts	3	Humanities	3
Total	16	Total	16
YEAR 2 MUST EARN 60+ SH FOR JUNIOR STATUS			
FALL		SPRING	
BIO 2210	4	KSR 3800	3
KSR 1600	2	Social/Behavioral Sciences	3
NTR 2100	3	BIO 2220	4
Fine Arts	3	PSY 3515	3
SOC 1838G	3		
Total	15	Total	13
YEAR 3 MUST EARN 90+ SH FOR SENIOR STATUS			
FALL		SPRING	
KSR 3340	3	KSR 4440	3
KSR 3104	3	KSR 3860	3
CHM 1310	3	NTR 3757	3
CHM 1315	1	CHM 1410	3
MAT 2250G	4	CHM 1415	1
Foreign Lang. if needed	3-4	NUR 2613	3
		Foreign Lang. if needed	3-4
Total	17-18	Total	19-20
SUMMER			
PHY 1151/52	4		
PHY 1161/62	4		
Total	8		
YEAR 4 MUST EARN 120 SH TO GRADUATE			
FALL		SPRING	
KSR 4450	4	KSR 4275 Internship	6
KSR 4460	3		
KSR Elective	3		
KSR 4274	1		
KSR 3720	3		
Senior Seminar	3		
PSY 3780	3		
Total	20	Total	6

NOTES, QUESTIONS, MINOR REQUIREMENTS:

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 and KSR 2440 and received a grade of "C" or better in each course.