

Kinesiology and Sports Studies

Eastern Illinois University

Charleston, Illinois 61920

Degree Program: BS in Kinesiology and Sports Studies--Exercise Science Concentration**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
GEN	xxxx	Gen Ed Physical Science		3-4	ENG	1002G	Composition and Literature		3
GEN	xxxx	Gen Ed Social/Behavioral Science		3	MAT	xxxx	Gen Ed Mathematics		3
GEN	xxxx	Gen Ed Humanities or Fine Arts		3	GEN	xxxx	Gen Ed Humanities		3
				15-16					14

Sophomore Year

<i>Fall Semester</i>				<i>SH</i>	<i>Spring Semester</i>				<i>SH</i>
BIO	2210	Antaomy and Physiology I		4	KSS	2135	Basic Care and Prevention of Injuries		3
KSS	2850	Fitness for Life		3	KSS	3720	Exercise Psychology		2
KSS	1310	Aqua Exercise		1	KSS	3800	Biomechanics of Human Movement		3
FCS	2100	Personal Nutrition		3	GEN	xxxx	Gen Ed Social/Behavioral Science		3
GEN	xxxx	Gen Ed Fine Arts		3	BIO	2220	Antaomy and Physiology II		4
GEN	xxxx	Gen Ed Social/Behavioral Science		3	XXX	xxxx	Elective		2
				17					17

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		2	KSS	3860	Org & Admin in Spt Mgt/Ex Sci		3
HST	3110	1st Aid/CPR/AED for Health/Fitness		4	KSS	4900	Special Topics in KSS		1
BIO	xxxx	Gen Ed Biological Sciences		3-4	KSS	4900	Special Topics in KSS		1
XXX	xxxx	Foreign Language or Elective		3-4	FCS	4755	Nutrition for Physical Performance		3
XXX	xxxx	Elective		3	XXX	xxxx	Foreign Language or Elective		3-4
					XXX	xxxx	Elective		2
				18-20					16-17

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		6-9
KSS	4460	Principles of Resistance Training		3					
KSS	4900	Special Topics in KSS		1					
EIU	4xxx	Senior Seminar		3					
XXX	xxxx	Elective		3-4					
XXX	xxxx	Elective		3					
				16-17					6-9

TOTAL: 120-124 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.