

## 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	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
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	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 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
					FCS	1800	Lifespan Human Development		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
HST	3110	1st Aid/CPR/AED for Health/Fitness		4	KSS	4900	Special Topics in KSS		1
CHM	1310/15	Chemistry I		4	FCS	3757	Nutrition for Physical Performance		3
MAT	2250G	Statistics		4	PSY	3780	Abnormal Psychology		3
					NUR	3203	Medical Terminology		3
				18					16

**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		2					
KSS	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. 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.