Catalog Year 2014-2015

Kinesiology and Sports Studies

Eastern Illinois University
Charleston, Illinois 61920

Degree Program: BS in Kinesiology and Sports Studies--Exercise Science Concentration

Freshman Year

Fall Semester			*SH*	*Spring Semester*			*SH*
ENG	1001G	Composition and Language	3	KSS	2440	Structural Kinesiology	3
CMN	1310G	Intro to Speech Communication	3	KSS	1500	KSS as a Profession	2
GEN	xxxx	Gen Ed Physical Science	3-4	KSS	xxxx	Aquatics	1
GEN	xxxx	Gen Ed Social/Behavioral Science	3	GEN	xxxx	Gen Ed Humanities	3
GEN	xxxx	Gen Ed Humanities or Fine Arts	3	ENG	1002G	Composition and Literature	3
				MAT	xxxx	Gen Ed Mathematics	3
			15-16				15

Sophomore Year

Fall Semester			*SH*	*Spring Semester*			*SH*
BIO	2210	Antaomy and Physiology I	4	KSS	3800	Biomechanics of Human Movement	3
KSS	2850	Fitness for Life	3	KSS	2135	Basic Care and Prevention of Injuries	3
KSS	1310	Aqua Exercise	1	KSS	2104	Technique and Theory	2
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

Fall Semester			*SH*	*Spring Semester*			*SH*
KSS	4340	Principles of Exercise Physiology	3	KSS	4440	Physical Fitness Appraisal	3
KSS	3720	Exercise Psychology	2	KSS	4900	Special Topics in KSS	1
HST	3120	American Red Cross Instructor	4	KSS	4900	Special Topics in KSS	1
XXX	xxxx	Foreign Language or Elective	3-4	KSS	3860	Org & Admin in Spt Mgt/Ex Sci	3
BIO	xxxx	Gen Ed Biological Sciences	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

Fall Semester			*SH*	*Spring Semester*			*SH*
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.