**Exercise Science Fitness Option Course Sequence**

**Fall**

R-KSS 5000: Research Methods - 3 credits: Fall, Spring

R-KSS 5270: Neuromuscular Exercise Physiology - 3 credits

R-KSS 5450: Supervisory Experiences in Adult Fitness - 3 credits: Fall, Spring

R-KSS 5640: Graded Exercise Testing and Exercise Prescription - 3 credits

\*I will contact you if any additional program prerequisite courses need to be added here.

**Spring**

R-KSS 5005: Literature Review in Kinesiology and Sports Studies – 3 credits

R-KSS 5130: Exercise Psychology – 3 credits

R-KSS 5225: Physical Activity & Aging - 3 credits

R-KSS 5280: Exercise Metabolism Body Composition – 3 credits

R-KSS 5450: Supervisory Experiences in Adult Fitness – 3 credits: Fall, Spring

E-KSS 5950: Thesis - 6 credits

\*I will contact you if any additional program prerequisite courses need to be added here.

**Summer**

R-KSS 5260: Cardiopulmonary Exercise Physiology - 3 credits

E-KSS 5120: Social Psychology & Physical Activity - 3 credits: Spring, Summer

E-KSS 5170: Sport Physiology for Coaches - 3 credits

KSS 5990.1: Independent Study - 3 credits: (Taken by KSS GAs)

KSS 5990.2: Independent Study - 3 credits: (research project elective for students considering a Ph.D.)

\*Select three of the 1 credit 4900 level courses which may be taken as electives in place of KSS 5120 or KSS 5170

\***There are three prerequisite courses necessary for admission into the Exercise Science concentration. These courses can be taken during the first semester of the graduate program or can be taken prior to application. The three prerequisite courses are:**

KSS 4340 - Principles of Exercise Physiology (or equivalent)

KSS 4440 - Physical Fitness Appraisal (or equivalent)

KSS 4450 - Exercise Prescription (or equivalent)

If you have questions, please feel free to contact me:

Dr. Scott Ronspies

Kinesiology and Sports Studies 2506 Lantz Arena

Eastern Illinois University Charleston, IL 61920

Phone (217) 581-2215

Email: sronspies@eiu.edu

**R- Required**

**E-Elective**