Kinesiology Undergraduate Program (Exercise Science Concentration)

Catalog Year 2022-2023

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| Fa | Freshman Year | Cr | Gr | Sem | Sp | Freshman Year | Cr | Gr | Sem |
| GE | ENGL 1010 | 3 |  |  | GE | ENGL 1020 | 3 |  |  |
| GE | Mathematics Course | 3/4 |  |  | GE | HIST 2020 or 2030 | 3 |  |  |
| GE | HIST 2010 or 2030 | 3 |  |  | GE | Humanities Course | 3 |  |  |
| GE | Social & Behavioral Science Course | 3 |  |  | GE | Social & Behavioral Science Course | 3 |  |  |
| GE | Natural Science Course | 4 |  |  | GE | Natural Science Course | 4 |  |  |
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| Fa | Sophomore Year | Cr | Gr | Sem | Sp | Sophomore Year | Cr | Gr | Sem |
| GE | Fine Arts Course | 3 |  |  | MC | PEXS 2955 Care & Prevention of Athletic Injuries | 3 |  |  |
| GE | Oral Communication Course | 3 |  |  | MC | PEXS 3032 Psychomotor Development in Children **(field hours)** | 3 |  |  |
| MC | HSCI 3000 Human Anatomy \* | 4 |  |  | MC | PEXS 3080 Teaching Aerobic Conditioning | 3 |  |  |
| MC | NTFD 2420 Principles of Nutrition Science \* | 3 |  |  | MC | HSCI 3020 Human Physiology \* | 4 |  |  |
| G | CSCI 1100 or Proficiency Exam | 0-3 |  |  | GE | Literature Course | 3 |  |  |
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| Fa | Junior Year | Cr | Gr | Sem | Sp | Junior Year | Cr | Gr | Sem |
| MC | PEXS 3610 Exercise Physiology I | 3 |  |  | MC | PEXS 4620 Exercise Physiology II | 3 |  |  |
| MC | PEXS 1510 Intro to Kinesiology | 3 |  |  | MC | PEXS 4061 Exercise Fitness Testing | 3 |  |  |
| MC | PEXS 4657 Sports Nutrition & Ergogenic Aids | 3 |  |  | MC | PEXS 4062 Cardiovascular Exercise Testing & Electrocardiography | 3 |  |  |
| MC | PHED 1130 Wellness for Life | 3 |  |  | MC | PEXS 4270 Structural Kinesiology | 3 |  |  |
| MC | Guided Elective | 3 |  |  | MC | Guided Elective | 3 |  |  |
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| Fa | Senior Year | Cr | Gr | Sem | Sp | Senior Year | Cr | Gr | Sem |
| MC | SALM 4210 Legal Issues & Risk Mgmt in Sport & Leisure Act. | 3 |  |  | MC | PEXS 4630 Exercise Science Internship I | 6 |  |  |
| MC | PEXS 4656 Sport Conditioning & Training | 3 |  |  | MC | Guided Elective | 3 |  |  |
| MC | PEXS 4977 Exercise Mgmt for Persons w/Chronic Dis. & Disability | 3 |  |  | MC | Guided Elective | 2 |  |  |
| MC | Guided Elective | 3 |  |  | FE | Free Elective Course | 3 |  |  |
| FE | Free Elective Course | 3 |  |  |  |  |  |  |  |
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Fa = Fall semester Sp = Spring semester Cr = Credit hours Gr = Grade Sem = Semester to be taken

G = Graduation requirement GE = General Education requirement MC = Major/Concentration FE = Free Elective

* \* Must complete before registering for PEXS 3610 Exercise Physiology I.
* Must have 2.0 overall GPA in order to graduate.

**Kinesiology Major, B.S.**

**(Exercise Science Concentration)**

Kinesiology Major Requirements: 18 credits

PHED 1130 Wellness for Life

PEXS 2955 Care & Prevention of Athletic Injuries

PEXS 3032 Psychomotor Development in Children **(field hours)**

PEXS 3080 Teaching Aerobic Conditioning

PEXS 3510 Foundations of Physical Education & Sport

SALM 4210 Legal Issues & Risk Management in Sport & Leisure Activities

Exercise Science Concentration: 41 credits

PEXS 3610 Exercise Physiology I (Prerequisites: HSCI 3000 & 3020 or HSCI 2010 & 2020)

PEXS 4061 Exercise Fitness Testing (PEXS 3610 can be taken concurrently.)

PEXS 4062 Cardiovascular Exercise Testing & Electrocardiography

PEXS 4270 Structural Kinesiology (Prerequisites: Required: HSCI 3000, Recommended: HSCI 3020, physics)

PEXS 4620 Exercise Physiology II (Prerequisites: HSCI 3000 & 3020 or HSCI 2010 & 2020)

PEXS 4630 Exercise Science Internship I (Prerequisites: PEXS 3610, ~~3095~~, 4061, & permission of instructor) **(240 field hrs)**

PEXS 4656 Sport Conditioning & Training (Prerequisite: PEXS 3610)

PEXS 4657 Sports Nutrition & Ergogenic Aids (Prerequisite: NTFD 2420)

PEXS 4977 Exercise Management for Persons with Chronic Diseases & Disabilities (Prerequisite: PEXS 3610)

NTFD 2420 Principles of Nutrition Science

HSCI 3000 Human Anatomy (Prerequisites: BIOL 1110 & 1111)

HSCI 3020 Human Physiology (Prerequisite: Recommended HSCI 3000)

Guided Electives: 14 credits

ALHE 2010 Introduction to Allied Health

BIOL 1110/1111 Biology I for Majors & Lab

BIOL 1120/1121 Biology II for Majors & Lab

CHEM 1110/1111 General Chemistry I & Lab

CHEM 1120/1121 General Chemistry II & Lab (Prerequisite: CHEM 1110)

COBH 1010 Lifetime Behavior for Healthy Living

COBH 2030 First Aid & Emergency Care

COBH 2750 Medical Terminology

COBH 4030 Community Health (Prerequisite: COBH 1010 or permission of instructor)

COBH 4607 Gerontology & Health

HDAL 2310 Developmental Psychology

HDAL 2340 Understanding Cultural Diversity

HSCI 3030/3031 Introductory Biochemistry & Lab (Prerequisites: CHEM 1110/1111 & 1120/1121)

HSCI 3046 Human Genetics (Prerequisites: One year of college biological sciences, one year of inorganic chemistry, & MATH 1530 or MATH 1910)

HSCI 3320/3321 General Microbiology (Prerequisites: Recommended one year college biological sciences & one year inorganic chemistry.)

NTFD 3250 Nutrition through the Lifecycle (Prerequisite: NTFD 2420)

NTFD 3465 Human Nutrition & Metabolism (Prerequisite: NTFD 2420)

PEXS 4631 Exercise Science Internship II (Prerequisites: PEXS 3610, ~~3095~~, 4061, & permission of instructor) **(240 field hrs)**

PHED 1140 Strength Conditioning

PHED 2100 Relaxation for Health

PHYS 2010/2011 General Physics I Non-Calculus & Lab (A good working knowledge of algebra & trigonometry, at least high school level, is required.)

PHYS 2020/2021 General Physics II Non-Calculus & Lab (Prerequisite: PHYS 2010)

PSYC 4320 Abnormal Psychology (Prerequisite: PSYC 1310)

SALM 3105 Recreation Programming

SALM 3220 Facility Planning & Event Management

SALM 3225 Marketing Strategies & Public Relations

SALM 4215 Social Psychology of Sport & Leisure

SALM 4230 Fund-Raising in Sports

SPED 2300 Exceptional Learners in School & Communities **(10 field hours)**

SPED 3445 Medical Aspects & Applications of Assistive Technology (Corequisite: SPED 4825)

Free Electives: 6 credits

Major: 79 credits

**For a complete listing of all the University and Major requirements, please visit the catalog. (**<https://catalog.etsu.edu/index.php?catoid=36>)

