

BS EXSS: Fitness Specialist Track

General Education Requirements – 45 hours

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| Freshman Seminar |
| ___ UNV 1000 |
| English |
| ___ ENG 1050 Composition I |
| ___ ENG 1060 Composition II |
| Humanities – Choose 1 from each category below |
| ___ 1. Fine Arts (ART 1450, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE 2500) |
| ___ 2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2180, 2190, 2200, 2230, 2240, 2410, 2470, 2480) |
| ___ 3. History (HST 1010, 1020, 1030, 1100, 1110, 1140, 1150) |
| ___ 4. Religion or Philosophy (PHI 2040 is required) |
| Social Sciences – Required |
| ___ 1. Psychology (PSY 1010) |
| ___ 2. Sociology (SOC 1020, 1050, 2090) |
| Social Sciences – Choose 1 course from below |
| ___ 1. Economics (ECN 1000, 2020, 2030, 2410) |
| ___ 2. Geography (GGY 1010, 1020, 2000, 2060) |
| ___ 3. Political Science (PLS 1000, 1010) |
| ___ 4. HON 1000 or 2750 (Honors students only) |
| Mathematics - Required |
| ___ MAT 1050, 1070, 1080, 1090, 2150, 2210 |
| Natural Sciences - Required |
| ___ 1. Biology (BIO 1000 with lab)* |
| Natural Sciences – Choose 1 course from below |
| ___ 1. Chemistry (CHM 1300 with lab) |
| ___ 2. Geology (GLY 1150, 2460) |
| ___ 3. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000) |
| ___ 4. HON 1510 may be used in place of one natural science course (Honors students only) |
| Physical Education Activity Course |
| ___ 1. _____ |
| ___ 2. _____ |
| Gen Ed Elective |
| ___ 1. _____ |
| ___ 2. _____ |

Major Requirements – 75 hours

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| KIN Core (18 hours) |
| ___ KIN 1100 Introduction to Kinesiology (3) |
| ___ KIN 2000 Foundations of Human Movement (3) |
| ___ KIN 2100 Sociology of Sport (3) |
| ___ KIN 4000 Research in HHP – WE (3) |
| ___ HHP 4990 Internship (6) |
| Fitness Specialist Track Courses (43 hours) |
| ___ BIO 2110 Anatomy and Physiology I (4) |
| ___ BIO 2120 Anatomy and Physiology II (4) |
| ___ EXPH 3400 Sport and Exercise Psychology (3) |
| ___ EXPH 3450 Kinesiology (3) |
| ___ EXPH 3460 Kinesiology Lab (1)** |
| ___ EXPH 4100 Biomechanics (3) |
| ___ EXPH 4110 Biomechanics Lab (1)** |
| ___ EXPH 4120 Exercise Physiology (3) |
| ___ EXPH 4130 Exercise Physiology Lab (1)** |
| ___ EXPH 4200 Adv Exercise Prescription WD (3) |
| ___ HHP 4150 Org and Admin of PE/Sport (3) WE |
| ___ HLTH 2100 Applied Nutrition (3) |
| ___ HLTH 3300 Health Promot and Fitness Skills (3) |
| ___ KIN 1000 Lifetime Fitness (2) |
| ___ KIN 3300 Strength and Conditioning Theory (3) |
| ___ KIN 3500 Exercise Leadership (3) |
| **Must take course and lab together |
| University-wide Electives (14 hours) |
| ___ *Must take BIO 1000L (1) |
| Take any additional specific pre-requisites for the professional program of your choice (see website for each school you are considering) |
| In some cases these pre-requisite courses could fulfill a General Education requirement. |