

# GENERAL CONCENTRATION, EXERCISE SCIENCE (BS)

## Major Requirements

### Course Requirements

**Exercise Science Core: 62 quarter hours required, grade of C- or better required**

Course	Title	Quarter Hours
SCU 336	ADOLESCENT AND ADULT GROWTH AND DEVELOPMENT	4
or SCU 337	HUMAN GROWTH AND DEVELOPMENT	
KNES 311	MOTOR DEVELOPMENT THROUGHOUT THE LIFE SPAN	4
KNES 206	PERSONAL AND COMMUNITY HEALTH	4
KNES 273	HEALTH AND NUTRITION	4
KNES 302	FIRST AID: RESPONDING TO EMERGENCIES	2
KNES 303	ATHLETIC INJURIES	4
KNES 341	HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION	4
KNES 346	ORGANIZATION/ADMINISTRATION OF PHYSICAL EDUCATION, SPORTS & FITNESS PROGRAMS	4
KNES 351	KINESIOLOGY	4
KNES 352	PHYSIOLOGY OF EXERCISE	4
KNES 360	EDUCATIONAL PSYCHOLOGY AND MEASUREMENT OF LEARNING	4
KNES 362	FITNESS TESTING, ASSESSMENT AND PRESCRIPTION	4
KNES 374	ADAPTED PHYSICAL EDUCATION	4
KNES 390	PSYCHO-SOCIAL ASPECTS OF EXERCISE AND SPORT	4
KNES 393	THERAPEUTIC EXERCISE	4
KNES 394	SPORT AND EXERCISE NUTRITION	4

**Physical Education Activity Core: 10 quarter hours required, grade of C- or better required**

Course	Title	Quarter Hours
KNES 160	AEROBIC CONDITIONING	2
KNES 166	BEGINNING WEIGHT TRAINING	2
KNES 171	FITNESS AND CONDITIONING	2
KNES 176	ADVANCED WEIGHT TRAINING	2
KNES 121	SWIMMING	2

**Physical Education Team & Individual Sports: 4 quarter hours required, grade of C- or better required**

Course	Title	Quarter Hours
Select two of the following:		4
KNES 181	FLAG FOOTBALL	
KNES 182	VOLLEYBALL	
KNES 183	SOCCER	

KNES 185	SOFTBALL
KNES 186	TRACK AND FIELD
KNES 187	BASKETBALL
KNES 277	GOLF

**Biology and Physics Foundations: 12 quarter hours are required**

Course	Title	Quarter Hours
BIO 201	HUMAN ANATOMY	4
BIO 202	HUMAN PHYSIOLOGY	4
or BIO 134	HOW THE HUMAN BODY WORKS	
PHY 151	GENERAL PHYSICS II	4

**Open Electives: 16 quarter hours are required**

Open elective credit also is required to meet the minimum graduation requirement of 192 hours. The following cannot be used to fulfill an open elective: WRD 98, MAT 94, and MAT 95.

### Internship Requirement

Consult with Physical Education faculty members for procedures for the internship. The internship experience is done at the very end of the program and requires all coursework for the major and liberal studies to be completed.

**Internship: 10 quarter hours required, grade of B- or better required**

Registration in student teaching requires completion of all requirements and procedures above. All students also take KNES 387 with the internship (listed in the Liberal Studies section). A grade of B- or better is required.

Course	Title	Quarter Hours
KNES 380	INTERNSHIP IN EXERCISE SCIENCE	10