

Kinesiology, Sport, and Recreation  
Eastern Illinois University  
Charleston, Illinois 61920

**Degree Program: BS in Exercise Science****Freshman Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
ENG	1001G	College Composition I	3	KSR	1500	KSR as a Profession	2
CMN	1310G	Intro to Speech Communication	3	KSR	2440	Structural Kinesiology	3
GEN	xxxx	Gen Ed Physical Science	3-4	KSR	1310	Aqua Exercise	1
GEN	xxxx	Gen Ed Social/Behavioral Science	3	ENG	1002G	College Composition II	3
GEN	xxxx	Gen Ed Humanities or Fine Arts	3	MAT	xxxx	Gen Ed Mathematics	3
				GEN	xxxx	Gen Ed Humanities	3
			15-16				15

**Sophomore Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
BIO	2210	Antaomy and Physiology I	4	KSR	2135	Basic Care and Prevention of Injuries	3
KSR	2850	Fitness for Life	3	KSR	3720	Exercise Psychology	2
NTR	2100	Personal Nutrition	3	KSR	3800	Biomechanics of Human Movement	3
GEN	xxxx	Gen Ed Fine Arts	3	BIO	2220	Antaomy and Physiology II	4
GEN	xxxx	Gen Ed Social/Behavioral Science	3	GEN	xxxx	Gen Ed Social/Behavioral Science	3
				XXX	xxxx	Elective	3
			16				18

**Junior Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
KSR	4340	Principles of Exercise Physiology	3	KSR	4440	Physical Fitness Appraisal	3
KSR	3104	Resistance Training/Group Fitness	2	KSR	3860	Org & Admin in Spt Mgt/Ex Sci	3
BIO	xxxx	Gen Ed Biological Sciences	3-4	KSR	4900	Special Topics in KSR	1
XXX	xxxx	Foreign Language or Elective	3-4	KSR	4900	Special Topics in KSR	1
XXX	xxxx	Elective	3	NTR	3757	Nutrition for Physical Performance	3
XXX	xxxx	Elective	2	XXX	xxxx	Foreign Language or Elective	3-4
				XXX	xxxx	Elective	3
			16-18				17-18

**Senior Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
KSR	4450	Exercise Prescription	3	KSR	4275	Internship	6-9
KSR	4460	Principles of Resistance Training	3				
KSR	4900	Special Topics in KSR	1				
KSR	4274	Pre-Internship in KSR	1				
EIU	4xxx	Senior Seminar	3				
XXX	xxxx	Elective	3				
XXX	xxxx	Elective	3				
			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.*

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- All Exercise Science students are not accepted into major and cannot take any upper division KSR courses until they have taken BIO 2210, KSR 1500 and KSR 2440 and received a grade of "C" or better in each course.
- Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 - Internship.
- Exercise Science major students may receive a grade in 3000 and 4000-level Kinesiology and Sports Studies courses a maximum of two times. After a grade has been recorded in a 3000 or 4000-level KSR course at EIU, the Department of Kinesiology, Sport, and Recreation will not accept subsequent transfer of an equivalent course from another institution unless the KSR department has given prior written approval to enroll in the specific course at the specific institution. If after a second grade has been recorded for a given course and the student has not received a grade of C or better, the student will not be allowed to continue as an Exercise Science major and shall consult with his or her advisor to select a different major.