

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

**Degree Program:** BS in Exercise Science with Pre-PT Option

**Freshman Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
ENG	1001G	Composition and Language	3	KSR	1500	KSR as a Profession	2
CMN	1310G	Intro to Speech Communication	3	KSR	2440	Structural Kinesiology	3
BIO	1500	General Biology I	4	KSR	1310	Aqua Exercise	1
PSY	1879G	Introduction to Psychology	3	ENG	1002G	Composition and Literature	3
GEN	xxxx	Gen Ed Humanities or Fine Arts	3	BIO	1550G	General Biology II	4
				GEN	xxxx	Gen Ed Humanities	3
			16				16

**Sophomore Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
BIO	2210	Anatomy and Physiology I	4	KSR	2135	Basic Care and Prevention of Injuries	3
KSR	2850	Fitness for Life	3	KSR	3800	Biomechanics of Human Movement	3
NTR	2100	Personal Nutrition	3	GEN	xxxx	Gen Ed Social/Behavioral Science	3
GEN	xxxx	Gen Ed Fine Arts	3	BIO	2220	Anatomy and Physiology II	4
SOC	1838G	Introduction to Sociology	3	PSY	3515	Child Psychology	3
			16				16

**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	3	KSR	3860	Org & Admin in Spt Mgt/Ex Sci	3
CHM	1310/15	Chemistry I	4	NTR	3757	Nutrition for Physical Performance	3
MAT	2250G	Statistics	4	CHM	1410/15	Chemistry II	4
XXX	xxxx	Foreign Language or Elective	3-4	NUR	2613	Medical Terminology	3
				XXX	xxxx	Foreign Language or Elective	3-4
			17-18				19-20

**Summer** - PHY 1151G and 1152G (4 cr, 4 week session), PHY 1161 and 1162 (4 cr, 6 week session) 8

**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
KSR	4460	Principles of Resistance Training	3				
KSR	4900	Special Topics in KSR	3				
KSR	4274	Pre-Internship in KSR	1				
KSR	3720	Exercise Psychology	2				
EIU	4xxx	Senior Seminar	3				
PSY	3780	Abnormal Psychology	3				
			18				6

TOTAL: 124-126 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.*

1. For a listing of General Education courses, see catalog.
2. A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
3. 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.