

BACHELOR OF SCIENCE IN EXERCISE SCIENCE PRE-OT OPTION

SUGGESTED 4-YEAR SEQUENCE (CATALOG YEAR 2020-2021 - UPDATED AUGUST 2020)

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.

YEAR 1					
FALL			SPRING		
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	General Education Humanities	3	BIO 1004G	Practical Microbiology	3
			GEN XXXX	Gen Ed Fine Arts	3
Total		16	Total		15
YEAR 2					
FALL			SPRING		
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	NTR 3757	Nutrition for Physical Performance	3
GEN XXXX	Gen Ed Humanities/Fine Arts	3	GEN XXXX	Gen Ed Social/Behavioral Science	3
SOC 1838G	Introduction to Sociology	3	BIO 2220	Anatomy and Physiology II	4
			PSY 3515	Child Psychology	3
Total		16	Total		19
YEAR 3					
FALL			SPRING		
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	KSR 4900	Special Topics in KSR	1
MAT 2250G	Statistics	4	PSY 3780	Abnormal Psychology	3
XXX XXXX	Foreign Language or Elective	3-4	NUR 2613	Medical Terminology	3
			XXX XXXX	Foreign Language or Elective	3-4
Total		17-18	Total		16
YEAR 4					
FALL			SPRING		
KSR 4450	Exercise Prescription	3	KSR 4275	Internship	6
KSR 4460	Principles of Resistance Training	3			
KSR 4900	Special Topics in KSR	2			
KSR 4274	Pre-Internship	1			
KSR 3720	Exercise Psychology	2			
PHY 1151G	Physics I	3			
PHY 1152G	Physics Lab	1			
EIU 4XXX	Senior Seminar	3			
Total		18	Total		6

TOTAL MAJOR COURSEWORK: 123-125 HRS

- 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.
- Students should look into specific prerequisites for the Masters or Doctor of Occupational Therapy schools they are interested in.