

Name: _____ Student #: _____ Catalog Yr.: _____
 Address: _____ Telephone: _____ e-mail: _____

**EXERCISE SCIENCE: FITNESS EVALUATION & PROGRAMMING EMPHASIS
 PROGRAM REQUIREMENTS (Rev 10-25-07)**

FRESHMAN YEAR

Class Title	Credits	Grade	Class Title	Credits	Grade
ENGL 101 English Comp (Core)	3	_____	ENGL 102 English Composition (Core)	3	_____
BIOL 227 Human Anatomy & Physiology	4	_____	PSYC 101 General Psychology (Area II)	3	_____
KINES 101 Foundations of Kinesiology	2	_____	BIOL 228 Human Anatomy & Physiology	4	_____
KINES 112 Fitness Foundations	1	_____	HLTHST 101 Medical Terminology	3	_____
KINES 141 First Aid/CPR	1	_____	KINES 140 Personal Health	3	_____
MATH 143 & 144 or MATH 147	5	_____	KINES or KIN-ACT Activity	1	_____
	(16)			(17)	

SOPHOMORE YEAR

Class Title	Credits	Grade	Class Title	Credits	Grade
Area I Core (1 st Field)	3	_____	Area I Core (2 nd Field)	3	_____
Area II Core in Communications	3	_____	CHEM 102&102L Essentials of Chemistry	4	_____
CHEM 101& 101L Essentials of Chemistry	4	_____	PHYS 111 General Physics (Area III)	4	_____
KINES 270-271 Applied Anatomy	3	_____	KINES 220 Intro.to Athletic Injury	3	_____
KINES or KIN-ACT Activity	1	_____	Computer Applications Course	3	_____
	(14)			(17)	

Admission to upper division in Kinesiology is required before you may enroll in upper division courses. To apply for admission, submit the following to the Department of Kinesiology Office (K209): 1) this form with your advisor's signature, 2) a copy of your transcripts (unofficial is OK), and 3) a copy of your degree progress report. To apply for Spring semester, materials must be received by October 1st. To apply for Fall semester, materials must be received by March 1st.

Total Credit Hours (> 57): _____ Cumulative GPA (>2.5): _____ Advisor's Signature: _____

Admission to Upper Division in Kinesiology: Approved _____ Provisional _____ Denied _____

Signature of Dept. Chair: _____ Date: _____

JUNIOR YEAR

Class Title	Credits	Grade	Class Title	Credits	Grade
Area I (3 rd Field)	3	_____	Area I (Any Field)	3	_____
Area II Core Sociology Elective	3	_____	Area II Core (Any Field)	3	_____
KINES 293 Internship	2	_____	HLTHST 207 Nutrition	3	_____
KINES 330-331 Exercise Physiology	3	_____	HLTHST 220 Cardiopulmon Renal Physiol	3	_____
KINES 375-376 Human Growth & ML	3	_____	KINES 144 Stress Management	1	_____
Upper Division Elective	3	_____	KINES 301 Evaluation in PE	3	_____
	(17)			(16)	

SENIOR YEAR

Class Title	Credits	Grade	Class Title	Credits	Grade
KINES 363 Exercise Psychology	3	_____	KINES 305 Adapted PE	3	_____
KINES 370-371 Biomechanics & Lab	3	_____	KINES 493 Internship	3	_____
KINES 436 Exercise Testing & Prescription	3	_____	KINES 432 Conditioning Procedures	3	_____
Aging Elective	3	_____	Upper Division Elective	3	_____
Upper Division Elective	3	_____	Exercise Specialist Elective	3	_____
KINES or KIN-ACT Activity	1	_____		(15)	
	(16)				

Recommended Upper Div Electives: HLTHST 300, HLTHST 480, MKTG 301, MKTG 306, PSYCH 301, PSYC 331, PSYCH 335

Recommended Aging Electives: KINES 430, KINES 572, HLTHST 410, BIOL 300, SOC 325

Recommended Exercise Specialist Electives: KINES 434, KINES 335, Sit for NSCA CSCS Exam or ACSM HFI Exam