

# KINESIOLOGY AND REHABILITATION SCIENCE

## HEALTH AND EXERCISE SCIENCE

The Bachelor of Science in Health and Exercise Science program has two tracks. Kinesiology and Pre-Allied Professional Health Studies will prepare students for strength and conditioning, fitness, and exercise/sport science professions, or preparation for advanced health care degrees.

### Tracks

Kinesiology  
Pre-Allied Health Studies

### Curriculum

The matrix below is a sample plan for all coursework required for this program.

#### Freshman

Fall	Credits
ENGL 1013 Composition I <sup>1</sup>	3
MATH 1113 College Algebra or higher	3
BIOL 1014 Introduction to Biological Science	4
PE 1201 Orientation to Health, Physical Education, and Wellness Science	1
PE Elective	1
HES 1003 Introduction to Exercise Programming	3
<b>Total Hours</b>	<b>15</b>

Spring	Credits
ENGL 1023 Composition II <sup>1</sup>	3
PSY 2003 General Psychology	3
PHSC XXXX <sup>1</sup>	4
COMM 2173 Business and Professional Speaking	3
HLED 1513 Lifetime Health and Fitness	3
<b>Total Hours</b>	<b>16</b>

#### Sophomore

Fall	Credits
USHG 1XXX U S HISTORY & GOVERNMENT <sup>1</sup>	3
COMS 1003 Introduction to Computer Based Systems	3
PE 2513 First Aid	3
PE 2653 Anatomy and Physiology	3
HES 2003 Field-Based Experience in Health and Exercise Science	3
PE Elective	1
<b>Total Hours</b>	<b>16</b>

Spring	Credits
FAH 1XXX Fine Arts and Humanities Courses <sup>1</sup>	6
ECON 2003 Principles of Economics I	3
PE 3663 Kinesiology	3
HES 2013 Weight Training for Personal Trainers, High School Coaches, and Physical Education	3
PE 3661 Laboratory Experiences in Anatomy/Physiology and Kinesiology	1
<b>Total Hours</b>	<b>16</b>

**Junior**

Fall	Credits
AHS 2013 Medical Terminology	3
PE 3573 Prevention and Care of Athletic Injuries	3
HES 2023 Endurance Programming and Conditioning	3
PE 4033 Exercise Physiology	3
HES 2043 Applied Fitness Assessment and Development	3
<b>Total Hours</b>	<b>15</b>

Spring	Credits
HLED 3203 Consumer Health Programs	3
HES 3003 Exercise Prescription	3
HES 3023 Exercise Behavior and Adherence	3
MKT 3043 Principles of Marketing	3
MGMT 3003 Principles of Management	3
<b>Total Hours</b>	<b>15</b>

**Senior**

Fall	Credits
HES 4003 Senior Seminar	3
HES 4063 Wellness and Fitness Programming	3
HLED 4403 Sport and Exercise Nutrition	3
HES 4023 Principles of Strength and Conditioning	3
HES 4013 Health and Exercise Science Practicum	3
<b>Total Hours</b>	<b>15</b>

Spring	Credits
HES 4012 Health and Exercise Science Internship	12

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Spring	Credits
<b>Total Hours</b>	<b>12</b>

<sup>1</sup>See appropriate alternatives or substitutions in "General Education Requirements".