

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 ¹	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
Total Hours	15

Spring	Credits
ENGL 1023 Composition II ¹	3
PSY 2003 General Psychology	3
PHSC 1XXX PHYSICAL SCI TRANSFER ELECTIVE ¹	4
COMM 2173 Business and Professional Speaking	3
HLED 1513 Lifetime Health and Fitness	3
Total Hours	16

Sophomore

Fall	Credits
USHG 1XXX U.S. History and Government ¹	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
Total Hours	16

Spring	Credits
FAH 1XXX Fine Arts and Humanities Courses ¹	6
ECON 2003 Principles of Macroeconomics	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
Total Hours	16

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
Total Hours	15

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
Total Hours	15

Senior

Fall	Credits
HES 4003 Senior Seminar	3
HES 4063 Wellness and Fitness Programming	3
HLED 4403 Sport and Exercise Nutrition ²	3
HES 4023 Principles of Strength and Conditioning	3
HES 4013 Health and Exercise Science Practicum ³	3
Total Hours	15

Spring	Credits
HES 4012 Health and Exercise Science Internship ⁴	12

Spring	Credits
Total Hours	12

¹See appropriate alternatives or substitutions in "General Education Requirements".

²Students in the accelerated program will substitute SCS 6063.

³Students in the accelerated program will substitute SCS 6013.

⁴Students in the accelerated program will also take PE 6083 or EDFD 6003.