

KINESIOLOGY AND REHABILITATION SCIENCE

HEALTH AND EXERCISE SCIENCE: PRE-ALLIED HEALTH STUDIES OPTION

See the *College of Education and Health* page for additional requirements.

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
HES 1003 Introduction to Exercise Programming	3
PE Elective	1
Total Hours	15

Spring	Credits
ENGL 1023 Composition II ¹	3
PSY 2003 General Psychology	3
CHEM 2124 General Chemistry I and CHEM 2120 General Chemistry I Lab	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
AHS 2013 Medical Terminology	3
BIOL 2404 Human Anatomy and Physiology I	4
CHEM 2134 General Chemistry II and CHEM 2130 General Chemistry II Lab	4
PE 3661 Laboratory Experiences in Anatomy/Physiology and Kinesiology	1
Total Hours	15

Spring	Credits
FAH 1XXX Fine Arts and Humanities Courses ¹	3

Spring	Credits
ECON 2003 Principles of Macroeconomics	3
PE 2513 First Aid	3
BIOL 2414 Human Anatomy and Physiology II	4
PE 3663 Kinesiology	3
Total Hours	16

Junior

Fall	Credits
PHYS 2014 Algebra-Based Physics I and PHYS 2000 Physics Laboratory I	4
MGMT 3003 Principles of Management	3
PE 3573 Prevention and Care of Athletic Injuries	3
PE 4033 Exercise Physiology	3
HES 2043 Applied Fitness Assessment and Development	3
Total Hours	16

Spring	Credits
PHYS 2024 Algebra-Based Physics II and PHYS 2010 Physics Laboratory II	4
HLED 3203 Consumer Health Programs	3
FAH 1XXX Fine Arts and Humanities Courses ¹	3
HES 4043 Exercise Physiology Lab	3
HES 3003 Exercise Prescription	3
Total Hours	16

Senior

Fall	Credits
HLED 4403 Sport and Exercise Nutrition	3
MKT 3043 Principles of Marketing	3
HES 4053 Biomechanics	3
PSY 2053 Statistics for the Behavioral Sciences/SOC 2053 Statistics for the Behavioral Sciences	3
HES 4013 Health and Exercise Science Practicum	3
PE 4991 Special Problems in Health and Physical Education	1
Total Hours	16

Spring	Credits
HES 4012 Health and Exercise Science Internship	12
Total Hours	12

¹See appropriate alternatives or substitutions in "[General Education Requirements](#)".