

Southern Illinois University Edwardsville
BACHELOR OF SCIENCE - EXERCISE SCIENCE

This guide provides only a suggested course of study and should be used in consultation with an advisor and the SIUE Undergraduate Catalog, available online at www.siu.edu/registrar.

YEAR	FALL	SPRING
1	CHEM 120a Gen, Org, & Biol Chem I or CHEM 121a Gen Chem I (Intro NSM)+ 3-4 CHEM 124a Gen, Org, & Biol Chem Lab I or CHEM 125a Gen Chem Lab I+ 1 PSYC 111 Found of Psyc (Intro SS; recom) 3 ENG 101 English Composition I 3 SPC 103 Interpersonal Comm (IGR; recom) or SPC 105 Public Speaking 3 PHIL 106, MATH 106, or FL 106 (FL recom) 3 <hr style="width: 100%;"/> 16-17	KIN 275 Intro to Exercise Science* 3 BIOL 140 Human Biology or BIOL 150 Biol Systems I (Intro NSM)+ 3-4 SOC 111 (Intro SS; recom) or Intro FAH 3 ENG 102 English Composition II 3 CMIS 108, STAT 107, or STAT 244 (STAT recom) 3-4 <hr style="width: 100%;"/> 15-17
2	KIN 300 Strength Training & Conditioning 3 BIOL 240a Human Anatomy & Physiology^ 4 Intro Fine Arts & Humanities 3 Dist Social Sciences (PSYC 431 recom) 3 Intergroup Relations (IGR)** 3 <hr style="width: 100%;"/> 16	KIN 445 Organization & Management of Exercise and Wellness Programs 3 KIN ELECTIVE# 3 BIOL 240b Human Anat & Phys (Dist NSM)^ 4 Dist Fine Arts & Humanities 3 Int'l Issues/Int'l Culture (II/IC)** 3 <hr style="width: 100%;"/> 16
3	KIN 315 Functional Anatomy 3 KIN 350 Exercise Physiology 3 KIN 414 Exercise Adherence 3 KIN ELECTIVE# 3 ELECTIVE# 3 <hr style="width: 100%;"/> 15	KIN 316 Biomechanics of Human Movement 3 KIN 410 Exercise for Special Populations 3 KIN 416 Exercise Assessment & Programming 3 KIN ELECTIVE# 3 ELECTIVE# 4 <hr style="width: 100%;"/> 16
4	KIN 412 Biology of CVD 3 KIN 418 Physical Activity & Public Health 3 KIN 460 Internship in Exercise & Wellness 3 KIN ELECTIVE# 3 Interdisciplinary Studies (IS) 3 <hr style="width: 100%;"/> 15	KIN 426 Adv Phys Effects of Motor Activities 3 KIN 464 Senior Seminar in Exercise & Wellness 3 KIN ELECTIVE# 3 ELECTIVE# 3 ELECTIVE# 3 <hr style="width: 100%;"/> 15

All KIN courses must be completed with grades of C or better.

- * A grade of B or better is required in KIN 275 prior to enrollment in other Kinesiology courses.
- + A grade of C or better is required prior to enrollment in Kinesiology courses other than KIN 275.
- ^ It is recommended that these courses be taken in the second year. Courses require grades of C or better.
- # Please see the back of this guide and your major advisor to discuss the suggested electives for preparation in the allied health areas of cardiac and pulmonary rehabilitation, exercise physiology, pre-medicine, pre-occupational therapy and pre-physical therapy, personal training, and corporate wellness.
- ** Courses that fulfill this requirement may satisfy another General Education requirement. Refer to the SIUE Undergraduate Catalog for a list of approved courses.

The elective suggestions below are designed to provide the Exercise Science student with the most common prerequisites for post-graduate training in the following allied health careers. Fifteen hours of any of these courses (or approved substitutions by major advisor) will satisfy Exercise Science requirements, but it is recommended that a complete set be taken for your future education. Prerequisites are listed in parentheses and italics behind the course title.

Cardiac & Pulmonary Rehabilitation

HED 201 Healthful Living	KIN 460 Internship in EXSCI (<i>200 hours in Cardiac/Pulmonary Rehab Program</i>)
HED 360 Health, Nutrition, & Weight Control (<i>HED 201</i>)	KIN 460 Internship in EXSCI (<i>200 hours in Disease Mgmt of Cardiac, Pulm, & Metabolic</i>)
PSYC 431 Psychopathology (<i>PSYC 111</i>)	
KIN 415 Medical Terminology	

Exercise Physiology

CHEM 121b/125b General Chemistry II & Lab (<i>CHEM 121a/125a</i>)	CHEM 451a Biochemistry I (<i>CHEM 241b</i>)
CHEM 241a Organic Chemistry I (<i>CHEM 121b/125b</i>)	BIOL 220 Genetics (<i>BIOL 150, BIOL 151, & CHEM 241a</i>)
CHEM 241b/245 Organic Chemistry II & Lab (<i>CHEM 241a</i>)	KIN 355 Sports Nutrition and Supplementation (<i>KIN 350</i>)

Pre-Medicine

CHEM 121b/125b General Chemistry II & Lab (<i>CHEM 121a/125a</i>)	CHEM 451a Biochemistry (<i>CHEM 241b</i>)
CHEM 241a Organic Chemistry I (<i>CHEM 121b/125b</i>)	PHYS 131a College Physics I (<i>MATH 125</i>)
CHEM 241b/245 Organic Chemistry II & Lab (<i>CHEM 241a</i>)	PHYS 131b College Physics II (<i>PHYS 131a</i>)
	PSYC 431 Psychopathology (<i>PSYC 111</i>)

Pre-Occupational Therapy

HED 201 Healthful Living	NURS 234 Human Development Across the Lifespan (<i>PSYC 111</i>)
PSYC 431 Psychopathology (<i>PSYC 111</i>)	STAT 107 Concepts of Statistics (<i>AD 095</i>)
KIN 415 Medical Terminology	

Pre-Physical Therapy (recommend 3.3 minimum GPA and A science grades)

CHEM 121b/125b General Chemistry II and Lab (<i>CHEM 121a/125a</i>)	PSYC 431 Psychopathology (<i>PSYC 111</i>)
PHYS 131a College Physics I (<i>MATH 125</i>)	STAT 107 Concepts of Statistics (<i>AD 095</i>) or STAT 244 Statistics (<i>MATH 120</i>)
PHYS 131b College Physics II (<i>PHYS 131a</i>)	
PSYC 111 Foundations of Psychology	

Personal Trainers, Corporate Wellness, Athletic Training, and Strength & Conditioning Coaching

HED 201 Healthful Living	KIN 460 Internship in EXSCI (up to 6 hrs)
HED 355 Introduction to Public Health (<i>HED 201</i>)	BIOL 220 Genetics (<i>BIOL 150, BIOL 151, & CHEM 241a</i>)
HED 360 Health, Nutrition, and Weight Control (<i>HED 201</i>)	BIOL 250 Bacteriology (<i>CHEM 120a or 121a & BIOL 140 or 150</i>)
HED 380 Drugs and Mood Modifiers (<i>HED 201</i>)	
KIN 355 Sports Nutrition and Supplementation (<i>KIN 350</i>)	
KIN 415 Medical Terminology	

Declaring an Exercise Science Major: To declare a major in Exercise Science, it is necessary to:

1. Complete all Academic Development courses required by the University;
2. Complete any required courses to address high school deficiencies;
3. Earn a grade of C or better in BIOL 140 or BIOL 150;
4. Earn a grade of C or better in CHEM 120a & 124a or CHEM 121a & 125a;
5. Earn a grade of B or better in KIN 275; and
6. Have a cumulative GPA of 2.75 or higher.

For further information concerning Exercise Science requirements, contact the Kinesiology and Health Education Department, VC 1019, 650-2614 or 650-3340.