

Exercise Science - Bachelor of Science

| <u>Gen Ed Classes</u> | Hrs | <u>Major Core Classes</u> | Hrs | When |
|---|-----|-----------------------------------|-----|----------------------------|
| Skills Courses | | *KIN 275 | 3 | FA, SP, SU |
| ENG 101 | 3 | *KIN 300 [275] | 3 | FA, SP |
| ENG 102 | 3 | *KIN 315 [BIOL 240a&b] | 3 | FA, SU |
| <i>SPC 103</i> or 105 | 3 | *KIN 316 [315] | 3 | SP, SU |
| CMIS 108, or <i>STAT 107</i> or <i>244</i> | 3 | *KIN 350 [BIOL 240a&b] | 3 | FA, SU |
| MATH 106, <i>FL 106</i> or PHIL 106 | 3 | *KIN 410 [350] | 3 | SP |
| Introductory Level Courses | | *KIN 412 [350] | 3 | FA |
| Fine Arts & Humanities | 3 | *KIN 414 [275] | 3 | FA |
| Natural Sciences and Math Courses | | *KIN 416 [350] | 3 | FA, SP, SU |
| *BIOL 140 or BIOL 150 | 3 | *KIN 418 [412] | 3 | FA |
| *CHEM 120a & 124a or 121a & 125a | 4 | *KIN 426 [416] | 3 | SP |
| *BIOL 240a | | *KIN 445 [275] | 3 | FA, SP |
| Social Sciences Courses | | *KIN 460 [416] | 3 | before final sem or summer |
| <i>PSYC 111</i> | 3 | *KIN 464 [416] | 3 | graduating sem |
| <i>SOC 111</i> | 3 | | | |
| Distribution Level Courses (9 hours) | | Major Electives (15 hours) | | |
| Fine Arts & Humanities | 3 | elective one | 3 | |
| BIOL 240b | 3 | elective two | 3 | |
| Social Science <i>PSYC 431</i> | 3 | elective three | 3 | |
| Other Courses (3-9 Hours) | | elective four | 3 | |
| Intergroup Relations IGR <i>SPC 103</i> | 3 | elective five | 3 | |
| International Culture/Issues II/IC | 3 | | | |
| Interdisciplinary Studies IS | 3 | [prerequisites in brackets] | | |

* *Grade of C or above required* General education courses in bold required; courses in *italics/underlined* recommended

To be admitted into the Exercise Science major, students must:

- __ earn a grade of C or better in BIOL140 or 150, or its equivalent
- __ earn a C or better in CHEM 120a & 124a or CHEM 121a & 125a
- __ earn a B or better in KIN 275
- __ have a cumulative grade point average of 2.75 or higher.

The General Education program at SIUE (except for the Interdisciplinary Studies Course) may be satisfied by completing an AA/AS Degree from participating IAI schools (www.iai.edu), or by appropriate transfer coursework or by completing courses at SIUE.

Students must maintain a **2.75 GPA**. If the GPA falls below 2.75, students are allowed one term of probation to return to 2.75 GPA or be dropped from the program. Undeclared students may not take or repeat 300- or 400-level Kinesiology courses.

124 hours required for graduation; 60 hours required from 4-year institutions; 30 hours must be completed at SIUE

KIN 275 must be completed with a grade of B or above. All other KIN courses must be completed with a grade C or above.

Name:

ID # 800

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) will satisfy Exercise Science requirements, but it is recommended that a complete set be taken for your future education.

Cardiac & Pulmonary Rehabilitation

HED201 – Healthful Living (3)
 HED360 – Health, Nutrition, and Weight Control (3) [201]
 PSYC431 – Psychopathology (3) [PSYC111]
 KIN415 – Medical Terminology (3)
 KIN460 – Internship in EXSCI (3) [200 hours in Cardiac/Pulmonary Rehab Program]
 KIN460 – Internship in EXSCI (3) [200 hours in Disease Mgmt of Cardiac, Pulm & Metabolic]

Exercise Physiology

CHEM121b (4) /125b (1) - General Chem II & Lab [121a & 125a]
 BIOL220 – Genetics (3) [CHEM241a]
 CHEM241a & 245 – Organic Chem I (3) & Lab (2) [121b]
 CHEM241b – Organic Chem II (3) [241a]
 CHEM451a – Biochemistry I (3) [241b]
 KIN355 – Sports Nutrition and Supplementation (3) [KIN350]

Pre-Med

CHEM121b (4) /125b (1) - General Chem II & Lab [121a & 125a]
 CHEM241a & 245 – Organic Chem I (3) & Lab (2) [121b]
 CHEM241b – Organic Chemistry II (3) [241a]
 CHEM451A – Biochemistry I (3) [241b]
 PHYS131a – College Physics I (5) [MATH120 & 125]
 PHYS131b – College Physics II (5) [PHYS131a]

Pre-Occupational Therapy

HED 201-Healthful Living (3)
 PSYC201 – Child Psychology (3) [111]
 KIN415 – Medical Terminology (3)

Pre-Physical Therapy [recommend 3.3 min GPA/A science grades]

or Pre-Athletic Training Graduate Program

PHYS131a – College Physics I (5) [MATH120 & 125]
 PHYS131b – College Physics II (5) [PHYS131a]
 CHEM121b (4) /125b (1) - General Chem II & Lab [121a & 125a]
 PSYC431 – Psychopathology (3) [111]
 STAT107 or 244 [MATH 120] PSYC111

Personal Trainers, Corporate Wellness, and Strength & Conditioning Coach

HED201 – Healthful Living (3)
 HED380 – Drugs & Mood Modifiers (3)
 HED355 – Introduction to Public Health (3)
 HED360 – Health, Nutrition & Weight Control (3)
 KIN355 – Sports Nutrition & Supplementation(3)
 KIN415 – Medical Terminology (3)
 KIN460 – Internship in EXSI (up to 6 hrs)

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