

**Southwestern Illinois College
Pathway - Exercise Science**

**Southwestern Illinois College
Associate in Art Degree**

Fall Year 1

SWIC Course		Hours
BIOL 101	Principles of Biology	4
ENG 101	Rhetoric and Composition I	3
⁴ IAI Humanities	Humanities	3
MATH 107	General Ed Stats	4
COMM 151	Public Speaking	3
Total		17

Spring Year 1

LC Course		Hours
² CHEM 101/105	Chemistry	5
ENG 102	Rhetoric and Composition II	3
³ IAI Behavioral	Behavioral Science	3
⁴ IAI Social Science	Social Science	3
HES XXX	Human Well Being	2
Total		16

Fall Year 2

LC Course		Hours
BIOL 157	Anatomy and Physiology I	5
⁴ IAI Fine Arts	Fine Arts	3
Elective	Elective	3
³ IAI SS/BS	IAI Social or Behavioral Science	3
⁶ IAI Com/Hum/SS/BS	Additional Com/ Hum/SS/BS	3
Total		17

Spring Year 2

CC Course		Hours
BIOL 158	Anatomy and Physiology II	5
¹ HES 170	Intro to Exercise Science	3
⁴ IAI H/FA	IAI Fine Arts/Humanities	3
Elective	Elective	3
Total		14

Associate in Art Degree Total 64

¹Requires a grade of "B" or better.

²Please see Partnership advisor. Students interested in graduate school should choose CHEM 105.

³PSYC 151 and PSYC 210 recommended.

⁴Students must complete one Human Relations and one Non-Western course. Associate in Science degree may also be earned, please see partnership advisor for more information.

⁶SOC 153 recommended.

**Southern Illinois University Edwardsville
Bachelor of Science Degree**

Fall Year 3

SIUE Course		Hours
KIN 310	Exercise Psychology	3
KIN 315	Functional Anatomy	3
KIN 350	Exercise Physiology	3
KIN 319	Theory and Tech for Strength	3
Elective	Elective	3
Total		15

Spring Year 3

SIUE Course		Hours
KIN 316	Biomechanics of Movement	3
KIN 416	Exercise Assess & Planning	3
KIN 417	Exercise for Special Pop	3
IS	Interdisciplinary Course	3
KIN XXX	Kinesiology Elective	3
Total		15

Fall Year 4

SIUE Course		Hours
KIN 412 ¹	Biology of Car and Meta Disease	3
KIN 340	Org&Mgmt of Exercise Facility	3
KIN 460	Internship	3
KIN XXX	Kinesiology Elective	3
KIN XXX	Kinesiology Elective	3
Total		15

Spring Year 4

SIUE Course		Hours
KIN 426 ¹	Cardiac and Pulm. Rehab	3
KIN 464	Senior Seminar	3
KIN XXX	Kinesiology Elective	3
KIN XXX	Kinesiology Elective	3
Elective	Elective	3
Total		15

Bachelor of Science Total 124

¹Students interested in cardiac rehaob must complete KIN 412 and 426 before KIN 460. See advisor for more information.

** Students must complete 50% or more of SIUE degree requirements at SIUE (120 hours required for graduation).

Southwestern Illinois College
Pathway - Exercise Science

Electives are to be determined by desired post graduate careers or continued education in the following allied health careers: Cardiac & Pulmonary Rehabilitation, **Exercise Physiology, ** Exercise and Sport Psychology, Pre-Med, Pre-Occupational, Pre-Physical Therapy, Pre-Athletic Training Graduate Program, Personal Trainers, Corporate Wellness, and Strength & Conditioning Coach, Chiropractic, Dental, Optometry, Physician Assistant, Public Health (See below for suggested electives in each career area.) The Exercise Science Program requires 18 hours of approved major electives.

**SIUE has these two graduate programs.

MAJOR ELECTIVES (18 hours of Approved Major electives is required. It is recommended that students select courses which will fulfill prerequisites for graduate professional health programs or enhance their skills toward a career.) BIOL 220 Genetics (4) BIOL 250 Bacteriology (3) CHEM 120b/124b (4) CHEM 121b/125b (5) CHEM 241A Organic Chemistry I (3) CHEM 241B Organic Chemistry II (3) CHEM 451A Biochemistry I (3) HED 201 Healthful Living (3) HED 360 Nutr., Exercise & Wt Ctrl (3) KIN 355 Sports Nutrition & Supplmt (3) KIN 415/211 Medical Terminology (3) KIN 445 Organization and Mgmt of Allied Health Programs (3) KIN 460 Internship (3) Additional internship can be completed for prep for cardiac/pulmonary rehab certification MATH 150 Calculus (5) NURS 234 Human Dev. Acr. Lifespan (3) PHYS 131 College Physics I (5) PHYS 132 College Physics II (5) PSYC 201 Child Psychology (3) PSYC 203 Adolescent Psychology (3) PSYC 204 Adult Dev. and Aging (3) PSYC 431 Psychopathology (3)

Admission requirements to the Exercise Science program: HES 170 (B or higher), CHEM 101 or 105 (C or higher), BIOL 101 or 105 (C or higher), 2.75 cumulative GPA.