

**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
IAI Humanities <sup>4</sup>	Humanities	3
MATH 107	General Ed Stats	4
COMM 151	Public Speaking	3
<b>Total</b>		<b>17</b>

**Spring Year 1**

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

**Fall Year 2**

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

**Spring Year 2**

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

**Associate in Art Degree Total 64**

**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 316	Biomechanics of Movement	3
KIN XXX	Kinesiology Elective	3
<b>Total</b>		<b>15</b>

**Spring Year 3**

SIUE Course		Hours
KIN 319	Theory and Techniques in Strength	3
KIN 416	Exercise Assess & Programming	3
KIN 417	Exercise for Special Populations	3
IS	Interdisciplinary Course	3
KIN XXX	Kinesiology Elective	3
<b>Total</b>		<b>15</b>

**Fall Year 4**

SIUE Course		Hours
KIN 412	Bio of Cardio and Meta Disease	3
KIN 340	Organization of Exercise Facility	3
KIN 460	Internship	3
KIN XXX	Kinesiology Elective	3
KIN XXX	Kinesiology Elective	3
<b>Total</b>		<b>15</b>

**Spring Year 4**

SIUE Course		Hours
KIN 426	Cardiac and Pulmonary Rehab	3
KIN 464	Senior Assignment	3
KIN XXX	Kinesiology Elective	3
KIN XXX	Kinesiology Elective	3
Elective	Elective	3
<b>Total</b>		<b>15</b>

**Bachelor of Science Degree Total 124**

<sup>1</sup>Requires a grade of "B" or better.

<sup>2</sup>Please see Partnership advisor. Students interested in graduate school should choose CHEM 105.

<sup>3</sup>PSYC 151 and PSYC 210 recommended.

<sup>4</sup>Students 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.

<sup>5</sup>SOC 153 recommended.

\*Students must complete 50% or more of SIUE degree requirements at SIUE.

**Southwestern Illinois College**  
**Pathway - Exercise Science**

**Additional Information:**

1. Exercise science students may tailor their elective courses to meet their career and graduate school goals. The exercise science program has established pre-professional and graduate school elective suggestions that are commonly required for admission into a wide range of allied health programs. Exercise science students may choose elective groups in pre-physical therapy, pre-occupational therapy, pre-medical school, exercise physiology, and health and corporate wellness.

2. To be admitted to the exercise science major, students must:

- \*Earn a C or better in BIOL 101 and CHEM 101/105

- \*Earn a B or better in HES 170

- \*Have a cumulative GPA of 2.75

3. To remain in good standing in the exercise science program, students must:

- \*maintain a GPA of 2.75 or higher

- \*achieve a grade of C or better in all major courses