

**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 ¹	Humanities	3
MATH 107	General Ed Stats	4
COMM 151	Public Speaking	3

Total **17**

Spring Year 1

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

Total **16**

Fall Year 2

LC Course		Hours
BIOL 157	Anatomy and Physiology I	5
IAI Fine Arts ¹	Fine Arts	3
Elective	Elective	3
IAI SS/BS ³	IAI Social or Behavioral Science	3
IAI Hum/SS/BS ⁴	Additional Hum/SS/BS	3

Total **17**

Spring Year 2

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

Total **14**

Associate in Art Degree Total **64**

¹Students 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.

² Students interested in graduate school should choose CHEM 105.

³PSYC 151 and PSYC 210 recommended.

⁴SOC 153 recommended.

⁵Requires a grade of "B" or better.

**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

Total **15**

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

Total **15**

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

Total **15**

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

Total **15**

Bachelor of Science Degree Total **124**

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

*A course that satisfies both the ERGU and EREG requirement will only be counted as one and not both.

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