Teacher Education and Kinesiology

The Exercise Science and Rehabilitation Degree has seven options.

Major Options

Option A: Professional Certification Route

120 credits

Option B: Professional Route Pre-Athletic Training

21-22 additional credits

Option C: Professional Route Pre-Physical Therapy

32 additional credits

Option D: Pre-Occupational therapy

14-15 additional credits

Option E: Pre-Physician Assistant

27 additional credits

Option F: Pre-Chiropractic

35 additional credits

Option G: Pre-Med

36 additional credits

EXERCISE SCIENCE AND REHABILITATION

OPTION A: PROFESSIONAL CERTIFICATION ROUTE

1ST YEAR

Fall	Spring
BIOL 220 Anatomy and Physiology I 4 CR	BIOL 221 Anatomy and Physiology II 4 CR
UNIV 110 University Studies +	ATR 207 Prevention and Care of Injuries 2 CR
PSYC 111 3 CR	KIN 126 Group Fitness/ Yoga 1 CR
KIN 120 Weight Training 1 CR	KIN 433 Exercise Physiology 3 CR
HUM 3 CR	Math 103 4 CR
ENG 110 3 CR	
KIN 100 Concepts of Fitness and Wellness 2	
TOTAL up to 18 CREDITS	TOTAL up to 18 CREDITS

2ND YEAR

Fall	Spring
KIN 431 Kinesiology 3 Credits	ESR 316 GXT 2
ESR 323 Basic EKG for Ex Science 2	ESR 317 GXT lab 1 CR
ESR 226 Meth of T Group Fit 2 CR	KIN 225 Fitness Leadership 2 CR
KIN 301 Psychomotor Development 2 CR	KIN 441 Eval of Psychomotor Performance 3
	CR
ATR 206 Medical Cond, Spec pop, and	ENG 120 3 CR
Physical Activity 3	1 M Web. /
HMS 215 Pharmacology 3 CR	ESR 227 Strength and Conditioning prog
	design 2 CR
up to 18 CREDITS	up to 18 CREDITS

3RD YEAR

Fall	Spring
KIN 325 Personal Training Methods -2 CR	ATR 308 Biomechanics 3 CR
ESR 303 Therapeutic Exercise part 1- 3 CR	KIN 310 Org and Adm of PE Ath 2 CR
ESR 306 Health Risk Appraisal 2 CR	ATR 304 Ther Exercise Part 2 3 CR
HIST 3 CR	PSYCH 241 Intro to Statistics 3 CR or Math 240
Comm 110 -3 CR	ESR 342. Exercise Programming for Older Adults. 2 CT
HUM 3 CR	HMS 208 Medical Terminology 2 CR
up to 18 CREDITS	up to 18 CREDITS

4TH YEAR

Fall	Spring
KIN 334 Nutrition for Physical Perf 2 CR	KIN 407 Psychology of PE and Ath 2 CR
KIN 414 Pathomechanics - 3 CR	ESR 425 Capstone 1 CR
ESR 305 Therapeutic Exercise part 3- 3 CR	ESR 498 5 CR
SOC - 3 CR	
KIN 497 Internship 5 CR	
up to 18 CREDITS	up to 18 CREDITS

* highlighted fields only offered in the semester shown

Program curriculum		
Course List		
Exercise Science a Certification Route	and Rehabilitation BS Program Requirements Option A: Professional	
	n (Not covered by program requirements)	
Core	n (rot covered by program requirements)	
ENGL 110	College Composition I	3
ENGL 120	College Composition II	3
COMM 110	Fundamentals of Public Speaking	3
UNIV 110	First Year Seminar	2-3
Foundational Cor		
Humanities (6)		
History (3)		
Social Science (3)		
Required Suppor	t Courses	
May be used to sa	tisfy General Education Requirements	
<u>KIN 120</u>	Strength Training	1
KIN 126	Group Exercise	1
BIOL 220	Anatomy And Physiology I	4
BIOL 221	Anatomy And Physiology II	4
MATH 103	College Algebra	4
MATH 210	Elementary Statistics	4
PSY 111	Introduction to Psychology	3
Required ES Cou	rses	
<u>ATR 206</u>	Medical Conditions	3
<u>ATR 207</u>	Prevention & Care of Injuries	2
<u>ATR 304</u>	Therapeutic Exercise	3
<u>ATR 308</u>	Biomechanics	2
<u>KIN 225</u>	Fitness Leadership	2
<u>ESR 226</u>	Methods of Teaching Group Exercise and Strength Training	2
<u>KIN 301</u>	Psychomotor Development	2
<u>ESR 303</u>	Therapeutic Exercise I. 3 Hours.	3
<u>ESR 305</u>	Therapeutic Exercise III.	3
ESR 227	Strength and Conditioning Programming Principles and	2
	Iethods	
<u>ESR 306</u>	Health Risk Appraisal	2
<u>ESR 323</u>	Basic EKG for Exercise Science	2
<u>KIN 325</u>	Personal Training Methods	2
<u>KIN 334</u>	Nutrition for Physical Performance	2
<u>ESR 316</u>	Graded Exercise Testing and Prescription	2
<u>ESR 342</u>	Exercise Programming for Older Adults	2
<u>ESR 317</u>	Graded Exercise Testing Lab	1
<u>KIN 407</u>	Psychology of Physical Education & Athletes	2
<u>KIN 414</u>	Pathomechanics	2
<u>ESR 425</u>	Exercise Science and Rehabilitation Capstone	1
<u>KIN 431</u>	Kinesiology	3

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Exercise Science and Rehabilitation BS Program Requirements Option B: Professional Route Pre- Athletic Training Course List Option B Pre-Athletic Training Requires the following courses in addition to the Option A course requirements. (21-22 additional Credits) <u>CHEM 121</u> General Chemistry I <u>CHEM 122</u> General Chemistry II <u>BIOL 150</u> Introduction To Cellular Biology *Internship is recommended <u>PSY 255</u> Child & Adolescent Psychology Elect from (4-5 cr): <u>PHYS 211</u> College Physics I <u>Exercise Science and Rehabilitation BS Program Requirements Option C: Professional Route Pre- Physical Therapy Course List Option C Pre-Physical Therapy requires the following courses in addition to the option A course requirements (32 additional Credits) *<u>KIN 317</u> GXT Lab, <u>KIN 425</u> Capstone, KIN 498 Internship are not required for option C - G <u>CHEM 121</u> General Chemistry I <u>BIOL 150</u> Introduction To Cellular Biology</u>	20
KIN 497Practicum in Corporate FitnessSESR 498InternshipSHMS 215Principles of Pharmacology3HMS 208Medical Terminology3Electives as required to meet 120 creditsTStudents seeking professional certification are must follow internship requirements for that certification.1Total HoursIExercise Science and Rehabilitation BS Program Requirements Option B: Professional Route Pres Athletic Training Course List1Option B Pre-Athletic Training Requires the following courses in addition to the Option A1course requirements. (21-22 additional Credits)General Chemistry ICHEM 121General Chemistry IGHEM 122General Chemistry IIBIOL 150Introduction To Cellular Biology*Internship is recommendedPSY 255PSY 255Child & Adolescent PsychologyElect from (4-5 cr):PHYS 211PHYS 251University Physics IPHYS 251University Physics IExercise Science and Rehabilitation BS Program Requirements Option C: Professional Route PresPhysical Therapy Course ListGeneral Chemistry IIOption C Pre-Physical Therapy retures the following courses in addition to the option A course requirements (32 additional Credits)*IN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - GCHEM 121General Chemistry IBIOL 150Introduction To Cellular Biology	20 5 5 4 3
ESR 498Internship8IIMS 215Principles of Pharmacology3IIMS 208Medical Terminology3Electives as required to meet 120 creditsStudents seeking professional certification are must follow internship requirements for that certification.1Total HoursInternshipCourse ListStudents Seeking professional CreditsOption B Pre-Athletic Training Course ListGeneral Chemistry ICHEM 121General Chemistry ICHEM 122General Chemistry IIBIOL 150Introduction To Cellular Biology*Internship is recommendedPSY 255Child & Adolescent PsychologyElect from (4-5 cr):PHYS 251University Physics IExercise Science and Rehabilitation BS Program Requirements Option C: Professional Route Pre-Physical Therapy Course ListCollege Physics IPhysical Therapy Course ListStudents courses in addition to the option Acourse requirements (21-22 additional Credits)University Physics IExercise Science and Rehabilitation BS Program Requirements Option C: Professional Route Pre-Physical Therapy Course ListOption C Pre-Physical Therapy requires the following courses in addition to the option Acourse requirements (32 additional Credits)**KIN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - GCHEM 121General Chemistry IIBIOL 150Introduction To Cellular Biology	20 5 5 4 3
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PHYS 211College Physics IPHYS 251University Physics IExercise Science and Rehabilitation BS Program Requirements Option C: Professional Route Pre-Physical Therapy Course ListOption C Pre-Physical Therapy requires the following courses in addition to the option A course requirements (32 additional Credits)*KIN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - GCHEM 121General Chemistry ICHEM 122General Chemistry IIBIOL 150Introduction To Cellular Biology	4
PHYS 251University Physics IExercise Science and Rehabilitation BS Program Requirements Option C: Professional Route Pre-Physical Therapy Course ListOption C Pre-Physical Therapy requires the following courses in addition to the option Acourse requirements (32 additional Credits)*KIN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - GCHEM 121General Chemistry ICHEM 122BIOL 150Introduction To Cellular Biology	
Exercise Science and Rehabilitation BS Program Requirements Option C: Professional Route Pre- Physical Therapy Course List Option C Pre-Physical Therapy requires the following courses in addition to the option A course requirements (32 additional Credits) *KIN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - G CHEM 121 General Chemistry I CHEM 122 General Chemistry II BIOL 150 Introduction To Cellular Biology	5
Physical Therapy Course List Option C Pre-Physical Therapy requires the following courses in addition to the option A course requirements (32 additional Credits) *KIN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - G CHEM 121 General Chemistry I CHEM 122 General Chemistry II BIOL 150 Introduction To Cellular Biology	-
Course ListOption C Pre-Physical Therapy requires the following courses in addition to the option Acourse requirements (32 additional Credits)*KIN 317 GXT Lab, KIN 425 Capstone, KIN 498 Internship are not required for option C - GCHEM 121General Chemistry ICHEM 122BIOL 150Introduction To Cellular Biology	
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CHEM 122General Chemistry IIBIOL 150Introduction To Cellular Biology	
BIOL 150 Introduction To Cellular Biology	5
	5
DIOL 151 Introduction to T oology	4
BIOL 151 Introduction to Zoology	4
BIOL 220 Anatomy And Physiology I	4
BIOL 221 Anatomy And Physiology II	4
MATH 103 College Algebra	4
MATH 210 Elementary Statistics	4
PHYS 211 College Physics I	4
PHYS 212 College Physics II	4
PSY 255 Child & Adolescent Psychology	3
PSY 270 Abnormal Psychology	3
SOC 110 Introduction to Sociology	3
	.7
Course List	3
Exercise Science and Rehabilitation Major Option D: Pre-Occupational therapy requires	5
the following in addition to Option A (14-15 additional Credits)	3
Choose 4 or 5 credits of either Chem	3
CHEM 115 Introductory Chemistry	3
CHEM 121 General Chemistry I	3

Choose 4 credits from	<u>BIOL 150</u> or 151	
BIOL 150	Introduction To Cellular Biology	4
<u>BIOL 151</u>	Introduction to Zoology	4
BIOL 220	Anatomy And Physiology I	4
<u>BIOL 221</u>	Anatomy And Physiology II	4
<u>MATH 103</u>	College Algebra	4
<u>MATH 210</u>	Elementary Statistics	4
<u>PSY 111</u>	Introduction to Psychology	3
<u>PSY 255</u>	Child & Adolescent Psychology	3
<u>PSY 270</u>	Abnormal Psychology	3
<u>SOC 110</u>	Introduction to Sociology	3
Gen Ed Humanities rec least 2 departments.	quirements 6 credits. Minimum 3 cr Humanities, 3 cr fine arts. In at	
Course List		
Exercise Science and R following in addition to Option	ehabilitation Major Option E: Pre-Physician Assistant requires the A (27 additional Credits)	
<u>CHEM 121</u>	General Chemistry I	5
<u>CHEM 122</u>	General Chemistry II	5
BIOL 220	Anatomy And Physiology I	4
<u>BIOL 221</u>	Anatomy And Physiology II	4
<u>MATH 103</u>	College Algebra	4
<u>MATH 210</u>	Elementary Statistics	4
Choose between <u>PSY 2</u>	<u>55</u> and <u>PSY 270</u>	
<u>PSY 255</u>	Child & Adolescent Psychology	3
<u>PSY 270</u>	Abnormal Psychology	3
<u>BIOL 215</u>	Genetics	4
BIOL 302	General Microbiology	4
Elect 6 credits from:		
CHEM 341 and CHEM	<u>1 342</u>	
<u>CHEM 341</u>	Organic Chemistry I	5
<u>CHEM 342</u>	Organic Chemistry II	5
<u>CHEM 481, CHEM 482</u>	2, and <u>CHEM 480L</u>	
<u>CHEM 480L</u>	Biochemistry Laboratory	2
<u>CHEM 481</u>	Biochemistry I	3
<u>CHEM 482</u>	Biochemistry II	3
BIOL 150 and BIOL 15		
<u>BIOL 150</u>	Introduction To Cellular Biology	4
<u>BIOL 151</u>	Introduction to Zoology	4
<u>BIOL 480</u>		
<u>BIOL 480</u>	Molecular Biology	4
Course List		
Exercise Science and R following in addition to Option	ehabilitation Major Option F: Pre-Chiropractic requires the A (35 additional Credits)	
<u>CHEM 121</u>	General Chemistry I	5
<u>CHEM 122</u>	General Chemistry II	5
<u>CHEM 341</u>	Organic Chemistry I	5
CHEM 342	Organic Chemistry II	5

BI	<u>OL 150</u>	Introduction To Cellular Biology	4
<u>BI</u>	<u>OL 220</u>	Anatomy And Physiology I	4
BI	<u>OL 221</u>	Anatomy And Physiology II	4
M	ATH 103	College Algebra	4
M	ATH 210	Elementary Statistics	4
PH	<u>IYS 211</u>	College Physics I	4
PE	IYS 212	College Physics II	4
H	J M 251	Humanities	3
H	J M 252	Humanities	3
	J M 253	Humanities	3
Co	urse List		
Ex	ercise Science and Rehabilitation	on Major Option G: Pre-Med requires the following in	
addition to	Option A (36 additional Credi	ts)	
<u>SC</u>	<u>PC 110</u>	Introduction to Sociology	3
<u>M</u>	ATH 103	College Algebra	4
<u>M</u>	ATH 210	Elementary Statistics	4
<u>CI</u>	<u>IEM 121</u>	General Chemistry I	5
<u>CI</u>	<u>IEM 122</u>	General Chemistry II	5
<u>CI</u>	<u>IEM 341</u>	Organic Chemistry I	5
<u>CI</u>	<u>IEM 342</u>	Organic Chemistry II	5
BI	<u>OL 220</u>	Anatomy And Physiology I	4
BI	<u>OL 221</u>	Anatomy And Physiology II	4
BI	<u>OL 150</u>	Introduction To Cellular Biology	4
BI	<u>OL 151</u>	Introduction to Zoology	4
PE	<u>IYS 211</u>	College Physics I	4
PH	<u>IYS 212</u>	College Physics II	4
PS	<u>Y 111</u>	Introduction to Psychology	3

Electives Recommended coursework Biochistry, Genetics, Cell biology