



## Major: Exercise and Sport Studies, Exercise Science Concentration

### Required Courses:

Course number	Course title	Credit hours
ESS 4360	Exercise Physiology for Special Populations	4
ESS 4400	Strength Training Programming, Techniques, and Administration	4
ESS 4410	Exercise Testing, Prescription, and Supervision	4
HLT 3250	Human Nutrition	4
KIN 1100	Personal Fitness and Wellness	4
KIN 2350	Foundations of Sport/Physical Education	4
KIN 3330	Psychological Aspects of Exercise and Sport	4
KIN 3340	Socio-cultural Foundation in Exercise and Sport	4
KIN 3350/3355	Exercise Physiology and Laboratory	4
KIN 3390/3395	Biomechanics and Laboratory	4
KIN 3800	Internship	4
KIN 4900	The Senior Kinesiologist: Senior Capstone	4

### Required Related Courses:

Course number	Course title	Credit hours
Choose one of these courses: BIO 2300 BIO 2400	Human Anatomy and Physiology I and Laboratory Human Anatomy and Physiology II and Laboratory	4
MAT 2360	Statistics	4

**Total minimal hours = 56 for B.S. degree**