



Major: Exercise and Sport Studies with Concentration in Exercise Science

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 2500/2505	Anatomy & Physiology for Exercise & Sport Studies and Laboratory	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
MAT 2360	Statistics	4

Total hours = 56 for B.S. degree