BS EXSS: Fitness Specialist Track 2024 - 2025

General Education Requirements – 45 hours Major Requirements – 75 hours

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| **Freshman Seminar** |
|  UNV 1000 |
| **English** |
|  ENG 1050 Composition I ENG 1060 Composition II |
| **Humanities – Choose 1 from each category below** |
|  1. Fine Arts (ART 1450, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE2500) 2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2180,2190, 2200, 2230, 2240, 2410, 2470, 2480) 3. History (HST 1010, 1020, 1030, 1100, 1110, 1140, 1150) 4. Religion or Philosophy (PHI 2040 is required) |
| **Social Sciences – Required** |
|  1. Psychology (PSY 1010) 2. Sociology (SOC 1020, 1050, 2090) |
| **Social Sciences – Choose 1 course from below** |
|  1. Economics (ECN 1000, 2020, 2030, 2410) 2. Geography (GGY 1010, 1020, 2000, 2060) 3. Political Science (PLS 1000, 1010) 4. HON 1000 or 2750 (Honors students only) |
| **Mathematics - Required** |
|  MAT 1050, 1070, 1080, 1090, 2150, 2210 |
| **Natural Sciences - Required** |
|  1. Biology (BIO 1000 with lab) \* |
| **Natural Sciences – Choose 1 course from below** |
|  1. Chemistry (CHM 1300 with lab) 2. Geology (GLY 1150, 2460) 3. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000) 4. HON 1510 may be used in place of one natural science course (Honors students only) |
| **Physical Education Activity Course** |
|  1.  2.  |
| **Gen Ed Elective** |
|  1.  2.  |

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| **KIN Core (18 hours)** |
|  KIN 1100 Introduction to Kinesiology (3) KIN 2000 Foundations of Human Movement (3) KIN 2100 Sociology of Sport (3) KIN 4000 Research in HHP – WE (3) KIN 4990 Internship (6) |
| **Fitness Specialist Track Courses (43 hours)** |
|  BIO 2110 Anatomy and Physiology I (4) BIO 2120 Anatomy and Physiology II (4) EXPH 3400 Sport and Exercise Psychology (3) EXPH 3450 Kinesiology (3) EXPH 3460 Kinesiology Lab (1)\*\* EXPH 4100 Biomechanics (3) EXPH 4110 Biomechanics Lab (1)\*\* EXPH 4120 Exercise Physiology (3) EXPH 4130 Exercise Physiology Lab (1)\*\* EXPH 4200 Adv Exercise Prescription WD (3) HHP 4150 Org and Admin of PE/Sport (3) WE HLTH 2100 Applied Nutrition (3) HLTH 3300 Health Promotion and Fitness Skills (3) KIN 1000 Lifetime Fitness (2) KIN 3300 Strength and Conditioning Theory (3) KIN 3500 Exercise Leadership (3)\*\*Must take course and lab together |
| **University-wide Electives (14 hours)** |
|  **\*Must take BIO 1000L (1)****Take any additional specific pre-requisites for the professional program of your choice (see website for each school you are considering)****In some cases, these pre-requisite courses could fulfill a General Education requirement.** |