



**SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION**

INDIANA UNIVERSITY

Exercise Science

B.S. in Kinesiology degree (124 credit hours)

Department of Kinesiology

2.5 GPA required for admission, 2.0 GPA req. for graduation

No Pass/Fail except for exercise science and free electives

Effective for students matriculating fall 2007 (Revised 2008)

I. Major (Minimum 51 - 52 Credits)

A. REQUIRED KINESIOLOGY CORE (22 Credits)

- 2 HPER-E 119 Personal Fitness
- 3 HPER-N 231 Human Nutrition (*P:C101*)
- 3 HPER-P 212 Introduction to Exercise Science
- 2-3 HPER-P 280 Princ of Athletic Training & Emergency Care OR
 HPER-H 160 First Aid & Emergency Care
- 3 HPER-P 391 Biomechanics
- 3 HPER-P 405 Introduction to Sport Psychology
- 3 HPER-P 409 Basic Phsl of Exer (*P:ANAT A215/P205&PHLS P215*)
- 3 HPER-P 452 Motor Learning

B. SELECT ADDITIONAL MAJOR COURSES

Select a minimum of 11 credits from the following:

- 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
- 3 HPER-F 150 Life Span Development OR
 EDUC-P 314 Life Span Development
- 3 HPER-P 211 Introduction to Sport Management
- 2 HPER-P 317 Theory and Practice of Resistance Training
- 3 HPER-P 333 Sport in America: Historical Perspective
- 3 HPER-P 335 Theories of Conditioning for Coaching *
- 3 HPER-P 392 Sport in American Society
- 3 HPER-P 398 Adapted Physical Education
- 3 HPER-P 412 Exercise in Health and Disease
- 3 HPER-P 435 Philosophical Foundations of Coaching **
- 3 HPER-P 490 Motor Development and Learning *
- 3 HPER-P 491 Research in Kinesiology

A maximum of 6 of the 11 credits in Area B may be completed from:

- 1 HPER-P 301 Job Search Strategies for Kines Students
- 1-2 HPER-P 399 Adapted Lab
- 1-3 HPER-P 448 Internship in Exercise Science
- 1-3 HPER-P 492 Lab Assisting or Field Exp. in Kinesiology

Note: If the total number of credit hours in the Exercise Science Elective area (see other side of this sheet) exceeds the required 15, up to 3 credits of the excess credit hours may count in the above category. With advisor approval, a maximum of two fitness specialist courses chosen from HPER-P 217, P218, P416, P417 P419, P420 may be completed in partial completion of Area B.

C. SELECT ONE (1) COMPUTER COURSE

- 3 BUS-K 201 The Computer in Business
- 3 CSCI-A 110 Intro to Computers & Computing
- 4 CSCI-A 201 Introduction to Programming 1
- 4 CSCI-C 211 Introduction to Computer Science
- 3 HPER-P 200 Microcomputer Applications in Physical Ed
- 3 HPER-R 237 Computers in Park Recreation Tourism Mngt.

* Generally fall only

** Generally spring only

I. General Education (48 - 55 Credits)

A. ORAL & WRITTEN COMMUNICATIONS (12 credits)

Required:

- 3 CMCL-C 121 Public Speaking (not C122)

Select 9 credits from:

- 3 BUS-X 204 Business Communications
- 3 CMCL-C 223 Bus & Prof Communication OR C323 Spch Comp
- 3 ENG-W 103 Introduction to Creative Writing
- 1 ENG-W 119 Critical Review Writing
- 3 ENG-W 131 Elementary Composition 1 (C- min) OR
 ENG-W 170 Introduction to Argumentative Writing (C- min)
- 2 ENG-W 143 Interdisciplinary Writing
- 1 ENG-W 202 English Grammar Review
- 3 ENG-W 203 Creative Writing (*P: ENG-W 103*)
- 3 ENG-W 231 Professional Writing Skills
- 3 ENG-W 240 Community Service Writing*
- 3 ENG-W 270 Argumentative Writing
- 3 ENG-W 280 Literary Editing & Publishing
- 3 ENG-W 350 Advanced Expository Writing
- 3 TEL-T 211 Writing for Electronic Media

B. LIFE & PHYSICAL SCIENCES (30 - 37 credits)

Required: (ANAT recommended)

- 3-5 ANAT-A 215 Basic Hum Anat OR HPER-P 205 Structur Kines
- 5 PHSL-P 215 Basic Human Physiology
- 5 PHSY-P 201 General Physics 1

Select two (2) courses from the following:

- 3 MATH-M 118 Finite Math OR A118 OR both D116-D117 (4 cr.)
- 3 MATH-M 119 Brief Surv Calc I OR MATH-M 211 Calc 1 (4 cr.)
- 3 MATH-M 120 Brief Surv Calc II OR MATH-M 212 Calc 2 (4cr.)

Required two (2) courses:

- 3 PSY-P 101 Introductory Psychology 1 (or P 155)
- 3 PSY-K 300 Statistical Techn (OR MATH-K 310, SPEA K 300)

Select:

- 5 CHEM-C 117 Principles of Chemistry & Biochemistry I
- Or all of the following:
- 3 CHEM-C 101 Elementary Chemistry 1
 - 2 CHEM-C 121 Elementary Chemistry Laboratory 1
 - 3 CHEM-C 102 Elementary Chemistry 2
 - 2 CHEM-C 122 Elementary Chemistry Laboratory 2

C. SOCIAL & BEHAVIORAL SCIENCES (6 Credits)

Select one course from:

- ___ 3 ANTH-A 105 Human Origins OR ANTH-E 105 Cul & Society
OR ANTH-E 260 Culture, Health, and Illness OR PSY-P 102
Introductory Psychology 2

Select one course from:

- ___ 3 SOC-S 100 Introduction to Sociology
- ___ 3 SOC-S 101 Social Programs and Policies

NONE OF THE ABOVE CLASSES MAY BE TAKEN PASS/FAIL

III. EXERCISE SCIENCE ELECTIVES (15 Credits)

A maximum of two (2) courses in area III may be taken pass/fail.

Choose 15 credits from options listed:

- ___ 4 ANAT-A 464 Human Tissue Biology **
- ___ 3 ANTH-A 303 Evolution and Prehistory
- ___ 3 ANTH-B 200 Bioanthropology
- ___ 3 ANTH-B 301 Bioanthropology Laboratory
- ___ 3 ANTH-B 480 Human Growth and Development
- ___ 3-5 BIOL-L 100 Humans & the Biological World * OR
BIOL-L 104 Introductory Biology Lectures OR
BIOL-L 112 Intro to Biology: Biological Mech
- ___ 3 BIOL-L 111 Intro to Biology: Evolution & Divers
- ___ 3 BIOL-L 113 Biology Laboratory
- ___ 3 BIOL-L 211 Molecular Biology (P: L112)
- ___ 3 BIOL-L 302 Topics in Human Biology
- ___ 3 BIOL-L 311 Genetics & Development
- ___ 3 BIOL-L 312 Cell Biology
- ___ 3 BIOL-L 313 Cell Biology Laboratory
- ___ 3 BIOL-L 330 Biology of the Cell
- ___ 3 BIOL-M 200 Microorganisms in Nature and Disease
- ___ 1 BIOL-M 215 Microorganism Laboratory
- ___ 4 BIOL-P 451 Integrative Human Physiology (prev. PHSL 431)
- ___ 5 CHEM-C 103 Introduction to Chemical Principles
- ___ 5 CHEM-C 118 Principles of Chemistry & Biochem II OR
CHEM-N 330 Intermediate Inorganic Chemistry (P: C341, C342)
- ___ 3 CHEM-C 341 Organic Chemistry I
- ___ 3 CHEM-C 342 Organic Chemistry II
- ___ 2 CHEM-C 343 Organic Chemistry Laboratory I
- ___ 2 CHEM-C 344 Organic Chemistry Laboratory II
- ___ 3 CHEM-C 360 Elementary Physical Chemistry
- ___ 3 CHEM-C 483 Biological Chemistry
- ___ 3 CHEM-C 485 Biosynthesis & Physiology
- ___ 3 CHEM-R 340 Survey of Organic Chemistry
- ___ 2 CLAS-C 209 Medical Terms from Greek & Latin
- ___ 1.5 CSCI-A 111 Survey of Computers & Computing
- ___ 1.5 CSCI-A 112 Programming Concepts
- ___ 1.5 CSCI-A 113 Data Analysis Using Spreadsheets
- ___ 1.5 CSCI-A 114 Introduction to Databases
- ___ 1.5 CSCI-A 115 Using the World Wide Web
- ___ 1.5 CSCI-A 116 Multimedia Communication
- ___ 4 CSCI-A 202 Introduction to Programming II
- ___ 2 CSCI-A 304 Introduction to C++ Programming
- ___ 4 CSCI-C 212 Introduction to Software Systems
- ___ 3 CSCI-C 241 Discrete Structures for Comp Science
- ___ 4 CSCI-C 311 Programming Languages
- ___ 4 CSCI-C 335 Computer Structures

* Generally fall only ** Generally spring only

- ___ 4 CSCI-C 343 Data Structures
- ___ 3 HPSC X200 Introduction to Scientific Reasoning
- ___ 3 MATH-M 301 Applied Linear Algebra and Appl
- ___ 3 MATH-M 303 Linear Algebra for Undergraduates
- ___ 4 MATH-M 311 Calculus III
- ___ 3 MATH-M 312 Calculus IV
- ___ 3 MSCI-M 131 Disease and the Human Body
- ___ 3 MSCI-M 216 Medical Science of Psychoactive Drugs
- ___ 3 PHIL-P 105 Thinking and Reasoning
- ___ 3 PHIL-P 140 Introduction to Ethics
- ___ 3 PHIL-P 150 Elementary Logic
- ___ 3 PHIL-P 250 Introduction to Symbolic Logic
- ___ 3 PHIL-P 251 Intermediate Symbolic Logic
- ___ 5 PHSY-P 202 General Physics 2
- ___ 2 PHSY-P 302 Elementary Electronics

Any psychology courses in addition to the required PSY P101 (P102 is a prerequisite for upper-level course work).

- ___ 3 PSY-P 102 Introductory Psychology II (if not taken as a social science req.—will not 'double count' as social science and exercise science elective)

- ___ 3 PSY-P _____
- ___ 3 PSY-P _____

The psychology minor requires P101, P102, K300 (from MATH, PSY, SPEA, OR STAT, and two 300-or 400-level course along with completion of one of the required math courses.

All minor courses must be completed with a C- or higher grade and a 2.0 overall in all minor courses.

With advisor approval, other science courses may be counted as Exercise Science Electives.

IV. Free Electives (17 - 25 Credits)

Suggested/recommended: While these are suggested, students may choose from a wide variety of excellent options.

- ___ 1-3 Any HPER-E elective options
- ___ 3 HPER-H 160 First Aid
- ___ 3 HPER-H 263 Personal Health
- ___ 3 HPER-H 350 Compl. and Alternative Approaches to Health
- ___ 3 HPER-H 401 Emergency Medical Technician
- ___ 1 HPER-H 404 Emergency Medical Technician Lab
- ___ 1 HPER-P 105 Foundations of Wellness
- ___ 3 HPER-T 142 Living Well
- ___ 3 MSCI-M 499 Internship Medical Science Instruction

ALL STUDENTS MUST PRESENT EVIDENCE OF CARDIOPULMONARY RESUSCITATION CERTIFICATION (CPR)

TOTAL REQUIRED CREDIT HOURS:

MAJOR		51-52
GENERAL EDUCATION		48-55
Oral and Written	(12)	
Life and Physical	(30-37)	
Social Science	(6)	
EXERCISE SCIENCE ELECTIVES		15
FREE ELECTIVES		<u>17-25</u>
TOTAL FOR GRADUATION		124

Visit the Kinesiology website at <http://www.indiana.edu/~kin>

