



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 PHYS-P 202 General Physics 2
___ 2 PHYS-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>

**SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION
DEPARTMENT OF KINESIOLOGY—EXERCISE SCIENCE**

The suggested plan below shows how you may sequence courses to allow for completion of the degree in a four-year period. There is usually some flexibility within this plan as long as free elective course credit hours are not exceeded. Free electives are limited to between 17 and 25 credit hours. Preprofessional students should see their advisor about the use of free electives. Most electives will be additional science courses. Students should meet with an advisor at least once each semester to plan their curriculum.

Advising Plan

<p>—Freshman year</p> <p>30-31 credit hours (or complete a total of 31 credit hours by the beginning of the third semester).</p>	<p>Complete courses listed in the right column.</p> <p># Preprofessional students (premedical, dental, physical therapy, physician assistant, etc) should take CHEM-C 117 instead of CHEM-C 101-C 121. Students who take CHEM-C 117 may need to take additional chemistry which will count in the exercise science elective area.</p> <p>@ See TAB sheet * A grade of C- or higher is required</p>	<p>Suggested sequencing</p> <p>HPER-P 212 CHEM-C 101-121#@ ENG-W 131 or W 170* or CHEM-C 117 MATH-M 118 or M 119 Second MATH@ CHEM prep or free elective HPER-P 280 PSY-P 101 or HPER-H 160 HPER-E 119 CMCL-C 121</p>
<p>—Sophomore year</p> <p>31 credit hours (or complete a total of 62 credit hours by the beginning of the fifth semester).</p> <p>After completing 26 or more credit hours with a 2.5 cumulative grade point average, students will automatically certify from the University Division to the School of HPER—Department of Kinesiology.</p>	<p>Complete courses listed in the right column.</p> <p>◆ See TAB sheet. Preprofessional students usually need to take ANAT-A 215 (5 cr.) rather than HPER-P 205 (3 cr.). Students who take P 205 (3 cr.) will add additional credit hours in the fall semester.</p> <p>@ See TAB sheet for options.</p>	<p>Suggested sequencing</p> <p>CHEM-C 118 or ANAT-A 215 or Ex Sci Elect# HPER-P 205◆ HPER-P 200 (or equiv) HPER-N 231 SOC-S 100 or S 101 Exercise Science Elect@ Free Electives (3-4 cr.) Free Electives (3-5 cr.) or Area B@</p> <p>Many pre-PT students If choosing non-major Take CLAS-C 209 Chem, take CHEM-C 102/ Medical Terminology. 122 instead of ANAT this If possible, take C 209 semester. before ANAT and PHSL</p>
<p>—Junior year</p> <p>31 credit hours (or complete a total of 93 credit hours by the beginning of the seventh semester).</p> <p>Many pre-PT students will need additional science course work for PT school admission depending on the schools/ programs to which the student applies. Extra required biology, chemistry, physics, and psychology is fairly standard. Students must research graduate PT program requirements early.</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet for options.</p> <p>~ Some Area B courses are offered only fall or spring semester.</p>	<p>Suggested sequencing</p> <p>PHSL-P 215 HPER-P 452 PSY-K 300 PHYS-P 201 Exer Sci Area B@ ~ Exercise Sci. Elect.@ Oral/Written Option Exercise Sci. Area B@ ~ ANTH-A 105 or Free Elective (1 cr.) E 105 or E 260 or PSY-P 102 (see advisor before taking anthropology because a biology class may substitute)</p>
<p>—Senior year</p> <p>30-31 credit hours (or complete a minimum of 124 credit hours).</p> <p>Students may need to take the Graduate Record Exam (GRE) or other professional school admission exam (i.e. MCAT, DAT) if planning to attend graduate school or enter a specific professional program (i.e. medical school, dental school)</p>	<p>Complete courses listed in the right column.</p> <p>All students must provide evidence of CPR certification prior to graduation. Some PT programs require American Heart Association Health Care Provider certification.</p> <p>@ See TAB sheet for options. ~ Some Area B courses are offered only fall or spring semester.</p>	<p>Suggested sequencing</p> <p>HPER-P 409 HPER-P 391 Exer Sci. Area B@ ~ HPER-P 405 Exer Science Elect@ Exer Sci. Area B@~ Oral/Written Option@ Exer Sci. Elect. (3 cr.) Free Electives Free Electives</p> <p align="center">Must have a total of 124 credit hours</p>