

## Division of Health and Kinesiology

BS in Kinesiology  
Exercise Science

First Semester Freshman			Second Semester Freshman		
Course	Grade	Hours	Course	Grade	Hours
BSB 101 General Biology w/lab	_____	4	Literature and Fine Art	_____	3
EN 101 English Composition	_____	3	Quantifying and Technology Skills	_____	3
HIS 101 History of Civ.	_____	3	BSM 131 General Microbiology	_____	4
HK/C Activity	_____	1	COM 101 Oral Communication	_____	3
MA 113 College Algebra	_____	3	HIS 102 History of Civ.	_____	3
UN 101 Freshman Seminar	_____	1	HKC 147 Weight Training	_____	1
		<b>15</b>			<b>17</b>
First Semester Sophomore			Second Semester Sophomore		
Course	Grade	Hour	Course	Grade	Hour
Literature and Fine Art	_____	3	Literature and Fine Art	_____	3
Human Behavior	_____	3	Critical Thinking	_____	3
Social Institutions	_____	3	BSB 120 Human Physiology	_____	4
BSB 121 Human Anatomy	_____	4	HK 205 Measurement & Eval.	_____	3
PSC 111 General Chemistry w/lab	_____	4	HK 260 History & Prin. of PE	_____	3
		<b>17</b>			<b>16</b>
First Semester Junior			Second Semester Junior		
Course	Grade	Hours	Course	Grade	Hours
EN 300 English Composition	_____	3	Intercultural Studies	_____	3
HK 390 Anatomical Kinesiology	_____	3	HK 316 Practicum	_____	3
HK 307 First Aid or 308 Ath. Inj.	_____	3	FN 325 Nutrition	_____	3
HK 361 Exercise Physiology w/lab	_____	4	HK 460 Ex. Prog. for Sp. Pop.	_____	3
HK 403 Graded Ex. Testing	_____	3	HK/H Elective	_____	3
		<b>16</b>			<b>15</b>
First Semester Senior			Second Semester Senior		
Course	Grade	Hours	Course	Grade	Hours
Free Electives	_____	9	Free Electives	_____	4
HK/H Elective	_____	6	HK 408 Biomechanics	_____	3
		<b>15</b>	HK 416, 417, or 418 Internship or		
			HK 490 Research	_____	6
					<b>13</b>

TOTAL HOURS FOR DEGREE = 124

Core Curriculum Requirements	Major Courses Minimum Grade of "C" Required	Additional Requirements
<u>World Heritage (15 hours)</u> History of Civilization (6) _____ HIS 101 _____ HIS 102 Literature and Fine Arts (9) At least one course from Literature and one course from Fine Arts (EN 201, 202, 203, 204, 231, 232, FLF 311,312, or FLS 311, 312, ART 102,211,212, DAN 110, MUS 101,105, or TH 175)	<b>Required Majors Courses</b>  _____ HK 205 Measurement and Evaluation in Health Kinesiology (3)  _____ HK 260 History and Principles of Physical Ed. (3)  _____ HK 316 Practicum in Physical Education (3)  _____ HK 361 Physiology of Ex. w/lab (4)  _____ HK 390 Anatomical Kinesiology (3)  _____ HK 408 Biomechanics (3)  _____ HK 460 Exercise Programming Special Populations (3)  _____ HK 461 Advanced Physiology of Ex. w/lab (4)	BSB 120 Human Physiology (4) BSB 121 Human Anatomy w/lab (4) PSC 111 General Chemistry w/lab (4) FN 325 Nutrition (3)  * can be used for core curriculum requirements
<u>Natural Sciences with Laboratory ( 8 hours)</u> _____ BSB 101 w/lab _____ BSM 131 w/lab		<b>Free Electives</b>  Choose 12 hours of approved coursework  _____ _____ _____ _____
Intercultural Studies (3) Choose from EN 231/232, GEO 101, or REL 213		
<u>Critical Thinking Skills (3 hours)</u> Choose from PHL 201, 202, 204, 205, 206, 306 or 307		
<u>Written Communication (6 hours)</u> _____ EN 101 _____ EN 300		
<u>Oral Communications (3 hours)</u> _____ COM 101	<b>Internship or Research (6)</b> HK 416, 417 or 418 Internship  or  HK 490 Research in Exercise Science	
<u>Quantifying and Technology Skills (6 hours)</u> _____ MA 113 or higher (MA 123) _____ BU 157 or HK 285	<b>Elective Majors Courses</b>  Choose 9 hours from any two or three hour HK, HKC, or HKH course _____ _____ _____	
<u>Meeting the Challenge of College (1 hour)</u> _____ UN 101 Freshman (Not required of transfers with 12 earned hours coming to MUW)		<b>Notes</b> IF EN 231 or 232 is taken for the Literature Survey Requirement then 3 hours of electives may be substituted for The Intercultural Studies Requirement
<u>Social Institutions (3 hours)</u> Choose from ANT 201, BUE 201, 202, GEO 101, POL 101 or 201.		If GEO 101 is taken for the Social Institutions requirement then 3 hours of electives may be substituted for the Intercultural Studies requirement
<u>Human Behavior (3 hours)</u> _____ PSY 101		
<u>Developing Personal Well Being Through Physical Activity (2 hours)</u>  _____ HK 160 _____ HK or HKC		
<b>Total Core Curriculum Hours = 50-53</b>	<b>Total Major Course Hours = 41</b>	<b>Total Degree Hours = 124</b>