

Exercise Science Major

Bachelor of Science

As of Fall 2021

Major Requirements: 54-55 semester hours. **At least 18 semester hours must be taken at Aquinas.** Only courses with a grade of C- or better will count toward the major.

AQUINAS REQUIREMENTS

_____	BY 150 - Human Biology (or equivalent)	4.0
_____	BS 200 Fundamentals of Organization	3.0
_____	BS 310 Enterpren. and Small Bus. Mgmt.	3.0
_____	KN 158 Emergency Medical Response (First Aid/CPR)	3.0
_____	KN 159 Introduction to Kinesiology	3.0
_____	KN 250 Physiology of Exercise	4.0
_____	KN 251 Nutrition for Sports Performance	3.0
_____	KN 256 Kinesiology	4.0
_____	KN 350 Medical Aspects of Athletics (SC)	3.0
_____	KN 364 Human Growth and Development	3.0
_____	KN 367 Administration for the Exercise Science Professional	3.0
_____	KN 404 Conditioning I	2.0
_____	KN 405 - Conditioning II: Designing Progs. (S)	2.0
_____	KN 406 Exercise Prescription and Testing	3.0
_____	KN 452 Physical Activities of Special Pop.	3.0
_____	KN 397 Internship (6-12 credits)	6.0

TRANSFER REQUIREMENTS

BIOL 105 Anatomy and Physiology I & BIOL 106 Anatomy and Physiology II

BUS 231 ENTREPRENEURSHIP

HE 100A COMMUNITY FIRST AID AND SAFETY

PEA 121 HUMAN MOVEMENT SCIENCE

HE 102 NUTRITION FOR FITNESS AND SPORT

HE 202A SPORTS INJURIES AND PREVENTION

PEP 200 Essentials of Personal Training

Complete one (1) competency area from the following:

Group Fitness competency

_____	KN 109 - Aerobics	1	<u>PEA 201 AEROBIC MOVEMENT FOR FITNESS</u>
_____	KN 361 - Group Exercise Leadership	2	_____

Strength and Conditioning competency

_____	KN 108 - Weight Training	1	<u>PEA 103 WEIGHT TRAINING</u>
_____	KN 357 - Therapeutic Exercise	3	_____

OPTIONAL CONCENTRATIONS:

Coaching: Fifteen (15) semester hours

_____	KN108 Weight Training (if taken for competency area then take KN109)	1.0	<u>PEA 103 WEIGHT TRAINING (or PEA 201 AEROBIC MOVEMENT FOR FITNESS)</u>
-------	--	-----	--

