

EXERCISE SCIENCE, BACHELOR OF SCIENCE

Offered by Department of Kinesiology and Sport Sciences (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/>)

| Code | Title | Credit Hours |
|--|--|--------------|
| General Education | | |
| <i>Foundational Requirements (LOPERs 1-4)</i> | | 12 |
| Including: | | |
| LOPER 4: Mathematics, Statistics, and Quantitative Reasoning | | |
| STAT 241 | Elementary Statistics ¹ | |
| <i>Broad Knowledge Requirements (LOPERs 5-8)</i> | | 13 |
| Including: | | |
| LOPER 7: Social Science | | |
| PSY 203 | General Psychology | |
| LOPER 8: Natural Sciences | | |
| Select one of the following: | | |
| CHEM 145 | Introductory Chemistry | |
| or | | |
| CHEM 148 | Introductory Chemistry for the Health Sciences | |
| or | | |
| CHEM 160 & 160L | General Chemistry and General Chemistry Laboratory | |
| <i>Dispositional Requirements (LOPERs 9-10)</i> ² | | 6 |
| LOPER 11: Wellness | | |
| KSS 150 | Healthy Wealthy and Wise | |
| BS Science-related course requirements | | 0-3 |
| MATH 102 | College Algebra | |
| Program Specified Requirements | | 3 |
| NUTR 108 | Introduction to Nutrition | |
| Major Option | | |
| Complete all required courses | | 36 |
| Minor or 2nd Major | | |
| Complete all required courses ³ | | 24 |
| Unrestricted electives ⁴ | | |
| Needed to complete 120 credit hours | | 20-23 |
| Total Credit Hours | | 120 |

Please see the Department for Entrance Requirements (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/#exappl>). Other information available at the program's web page (http://unkcms.unk.edu/academics/hperls/exercise_science.php). Students accepted into the accelerated Master of Exercise Science or Master of Athletic Training program may take up to 9 hours of graduate level coursework to apply to the undergraduate degree requirements.

Major Option

| Code | Title | Credit Hours |
|--------------------------------------|---|--------------|
| Exercise Science Requirements | | |
| KSS 107 | Introduction to Exercise Science | 1 |
| KSS 305 | Fitness Leadership | 2 |
| or KSS 414 | Implementation of a Strength Program | |
| KSS 310 | Introduction to Human Physiology of Exercise | 3 |
| KSS 329 | Introduction to Health Promotion | 3 |
| KSS 360 | Introduction to Anatomical Biomechanics | 4 |
| KSS 422 | Essentials of Strength and Conditioning | 2 |
| KSS 461 | Physiology of Exercise | 4 |
| KSS 467 | Fitness Testing | 4 |
| KSS 468 | Public Health Aspects of Physical Activity | 3 |
| KSS 452 | Exercise Prescription for Special Populations | 3 |
| KSS 475 | Research Methods in Exercise Science ⁵ | 3 |
| or KSS 879P | Research Methods in Exercise Science | |
| KSS 496 | Professional Readiness in Exercise Science | 1 |
| Take 3 hours from: ⁶ | | 3 |
| KSS 469 | Sports Nutrition | |
| or KSS 866P | Sports Nutrition | |
| KSS 372 | Special Topics in Exercise Nutrition | |
| or KSS 876P | Special Topics in Exercise Nutrition | |
| Total Credit Hours | | 36 |

1

Students with sufficient preparation may enter the mathematics program at a higher level.

2

Designated courses with the appropriate content may be approved to satisfy one of the Broad Knowledge requirements plus LOPER 9 or Broad Knowledge plus LOPER 10. Courses may be approved to satisfy LOPER 9 or LOPER 10 alone. (Courses satisfying LOPER 9 or LOPER 10 alone must be 3 credit hours.) Students applying this option may need to take additional hours in other categories to meet the required General Education hours.

3

A minor or second major is required for a complete degree program. The number of required electives needed to reach 120 total credit hours overall will depend upon the specific program chosen. Suggested minors for Exercise Science majors include: Biology, Chemistry, Health Science, Psychology or Public Health.

4

Students accepted into Accelerated 3+2 Master of Athletic training program may take KSS 819P, KSS 860P and CSP 804P to satisfy unrestricted electives in their undergraduate program.

5

Students accepted into the Accelerated 4+1 Master of Exercise Science program may take KSS 879P in place of KSS 475.

6

Students accepted into the Accelerated 4+1 Master in Exercise Science program may take KSS 866P in place of KSS 469 or KSS 876P in place of KSS 372.

This document represents a sample 4-year plan for degree completion with this major. Actual course selection and sequence may vary and should be discussed individually with your academic advisor. Advisors can also help you plan other experiences to enrich your undergraduate education such as internships, education abroad, undergraduate research, learning communities, and service learning and community-based learning.

| Code | Title | Credit Hours |
|--|---|--------------|
| Semester 1 | | |
| LOPER 1: | First-year Seminar | 3 |
| LOPER 2: | Writing Skills | 3 |
| MATH 102 or STAT 241 | College Algebra Elementary Statistics | 3 |
| CHEM 145 or CHEM 148 or CHEM 160 & 160L | Introductory Chemistry (LOPER 8) Introductory Chemistry for the Health Sciences General Chemistry and General Chemistry Laboratory | 4 |
| KSS 150 | Healthy Wealthy and Wise (LOPER 11) | 3 |
| Total Credit Hours | | 16 |

| Code | Title | Credit Hours |
|---------------------------|----------------------------------|--------------|
| Semester 2 | | |
| LOPER 3: | Oral Communication Skills | 3 |
| PSY 203 | General Psychology | 3 |
| KSS 107 | Introduction to Exercise Science | 1 |
| NUTR 108 | Introduction to Nutrition | 3 |
| Minor or 2nd Major Course | | 3 |
| Total Credit Hours | | 13 |

| Code | Title | Credit Hours |
|---------------------------|--|--------------|
| Semester 3 | | |
| LOPER 5: | Visual or Performing Arts | 3 |
| LOPER 10: | Respect for Human Diversity | 3 |
| KSS 305 or KSS 414 | Fitness Leadership Implementation of a Strength Program | 2 |
| KSS 310 | Introduction to Human Physiology of Exercise | 3 |
| Minor or 2nd Major Course | | 3 |
| Total Credit Hours | | 14 |

| Code | Title | Credit Hours |
|-------------------|---|--------------|
| Semester 4 | | |
| LOPER 6: | Humanities | 3 |
| LOPER 9: | Civic Competency and Engagement | 3 |
| KSS 329 | Introduction to Health Promotion | 3 |
| KSS 360 | Introduction to Anatomical Biomechanics | 4 |

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| Minor or 2nd Major Course | 3 |
| Total Credit Hours | 16 |

| Code | Title | Credit Hours |
|------|-------|--------------|
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|---------------------------|------------------------|----|
| Semester 5 | | |
| KSS 461 | Physiology of Exercise | 4 |
| Minor or 2nd Major Course | | 3 |
| Unrestricted Elective | | 3 |
| Unrestricted Elective | | 3 |
| Unrestricted Elective | | 3 |
| Total Credit Hours | | 16 |

| Code | Title | Credit Hours |
|------|-------|--------------|
|------|-------|--------------|

| | | |
|---|--|----|
| Semester 6 | | |
| KSS 467 | Fitness Testing | 4 |
| KSS 372 or KSS 876P or KSS 469 or KSS 866P | Special Topics in Exercise Nutrition Special Topics in Exercise Nutrition Sports Nutrition Sports Nutrition | 3 |
| KSS 422 | Essentials of Strength and Conditioning | 2 |
| Minor or 2nd Major Course | | 3 |
| Unrestricted Elective | | 3 |
| Total Credit Hours | | 15 |

| Code | Title | Credit Hours |
|------|-------|--------------|
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| Semester 7 | | |
| KSS 452 | Exercise Prescription for Special Populations | 3 |
| KSS 468 | Public Health Aspects of Physical Activity | 3 |
| KSS 475 or KSS 879P | Research Methods in Exercise Science Research Methods in Exercise Science | 3 |
| Minor or 2nd Major Course | | 3 |
| Unrestricted Elective | | 3 |
| Total Credit Hours | | 15 |

| Code | Title | Credit Hours |
|------|-------|--------------|
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| | | |
|---------------------------|--|----|
| Semester 8 | | |
| KSS 496 | Professional Readiness in Exercise Science | 1 |
| Minor or 2nd Major Course | | 3 |
| Minor or 2nd Major Course | | 3 |
| Unrestricted Elective | | 3 |
| Unrestricted Elective | | 3 |
| Unrestricted Elective | | 2 |
| Total Credit Hours | | 15 |