# Exercise Science, Bachelor of Science

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<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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## General Studies

**Foundational Core (Written, Math, Oral, Democracy)**  
Foundational Core courses [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses)  
Including:

- STAT 241  
  Elementary Statistics  
  **Portal**  
  Select one course numbered 188 [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/portal-course](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/portal-course)  

**Distribution**  
Aesthetics [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/aesthetics](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/aesthetics)  
Humanities [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/humanities](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/humanities)  
Social Sciences [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/social-sciences](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/social-sciences)  
Including:

- PSY 203  
  General Psychology  
- SOC 100  
  Introduction to Sociology  
Natural Sciences [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/natural-sciences](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/natural-sciences)  
Including:

- PHYS 205  
  General Physics I  
  and Physics I Laboratory  
- CHEM 145  
  Introductory Chemistry  
or

- CHEM 160  
  General Chemistry  
  and General Chemistry Laboratory  
Analytical and Quantitative Thought [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/analytical-quantitative-thought](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/analytical-quantitative-thought)  
Wellness [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/wellness](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/wellness)  
Including:

- PE 150  
  Healthy Wealthy and Wise  
- FSID 110  
  Introduction to Nutrition  

**Capstone**  
Select one course numbered 388 [http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/capstone-course](http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/capstone-course)  

**BS Science-related course requirements**  
MATH 102  
College Algebra  

## Major Option

Complete all required courses  
Minor or 2nd Major  
Complete all required courses  
Unrestricted electives  
Needed to complete 120 credit hours  
Total Credit Hours

**Exercise Science Requirements**  

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>PE 305</td>
<td>Fitness Leadership</td>
<td>3</td>
</tr>
<tr>
<td>PE 310</td>
<td>Introduction to Human Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>PE 329</td>
<td>Introduction to Health Promotions</td>
<td>3</td>
</tr>
<tr>
<td>PE 360</td>
<td>Introduction to Anatomical Biomechanics</td>
<td>4</td>
</tr>
<tr>
<td>PE 422</td>
<td>Administration of Strength Programs</td>
<td>2</td>
</tr>
<tr>
<td>PE 461</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>PE 467</td>
<td>Fitness Testing</td>
<td>3</td>
</tr>
<tr>
<td>PE 468</td>
<td>Public Health Aspects of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>PE 475</td>
<td>Research Methods in Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>PE 496</td>
<td>Professional Readiness in Exercise Science</td>
<td>1</td>
</tr>
<tr>
<td>REC 477</td>
<td>Internship</td>
<td>4</td>
</tr>
</tbody>
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Take 3 hours from:

- PE 469  
  Sports Nutrition  
- PE 473  
  Special Topics in Exercise Nutrition  

Total Credit Hours

1. Students with sufficient preparation may enter the mathematics program at a higher level.  
2. 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.