

# EXERCISE SCIENCE FITNESS AND WELLNESS COMPREHENSIVE, 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
<b>General Studies</b>		
<i>Foundational Core (Written, Math, Oral, Democracy)</i>		
Foundational Core courses ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses</a> )		12
Including:		
STAT 241	Elementary Statistics	
<i>Portal</i>		
Select one course numbered 188 ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/portal-course">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/portal-course</a> )		3
<i>Distribution</i>		
Aesthetics ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/aesthetics">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/aesthetics</a> )		3
Humanities ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/humanities">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/humanities</a> )		6
Social Sciences ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/social-sciences">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/social-sciences</a> )		6
Including:		
PSY 203	General Psychology	
SOC 100	Introduction to Sociology	
Natural Sciences ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/natural-sciences">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/natural-sciences</a> )		7
Including one of the following:		
CHEM 145	Introductory Chemistry	
CHEM 160 & 160L	General Chemistry and General Chemistry Laboratory	
Analytical and Quantitative Thought ( <a href="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</a> )		0
Wellness ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/wellness">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/wellness</a> )		6
Including:		
PE 150	Healthy Wealthy and Wise	
FSID 110	Introduction to Nutrition	
<i>Capstone</i>		
Select one course numbered 388 ( <a href="http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/capstone-course">http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/capstone-course</a> )		3
<b>BS Science-related course requirements</b>		
MATH 102	College Algebra <sup>1</sup>	3
<b>Major Option</b>		

Complete all required courses	62
<b>Unrestricted electives</b>	
Needed to complete 120 credit hours	9
<b>Total Credit Hours</b>	<b>120</b>

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/athletic\\_training.php](http://unkcms.unk.edu/academics/hperls/athletic_training.php)).

## Major Option

Code	Title	Credit Hours
<b>Exercise Science Comprehensive Requirements</b>		
PE 110	Basic Sports Activities <sup>2</sup>	1
PE 265	Emergency Medical Response	2
PE 305	Fitness Leadership	3
PE 310	Introduction to Human Physiology of Exercise	3
PE 329	Introduction to Health Promotions	3
PE 360	Introduction to Anatomical Biomechanics	4
PE 422	Administration of Strength Programs	2
PE 461	Physiology of Exercise	4
PE 467	Fitness Testing	3
PE 468	Public Health Aspects of Physical Activity	3
MKT 300	Principles of Marketing	3
REC 300	Volunteer Practicum	2
REC 354	Programming in Sport, Recreation, and Events	3
REC 422	Facilities in Recreation, Events and Sport	3
REC 477	Internship	7
PE 496	Professional Readiness in Exercise Science	1
PE 469	Sports Nutrition	3
PE 473	Special Topics in Exercise Nutrition	3
PE 475	Research Methods in Exercise Science	3
or REC 485	Research in Tourism, Recreation and Sport	
MGT 301	Principles of Management	3
or PE 430	Organization and Administration in Recreation, Sport and Events	
SPCH 301	Introduction to Organizational Communication	3
or SPCH 340	Professional Communication	
<b>Total Credit Hours</b>		<b>62</b>

<sup>1</sup> Students with sufficient preparation may enter the mathematics program at a higher level.

<sup>2</sup> Take one credit hour from the following: Spinning, Zumba, Crossfit, Pilates, Yoga, Step Aerobics, PIYO