# EXERCISE SCIENCE, BACHELOR OF SCIENCE

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## General Studies

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Foundational Requirements (LOPERs 1-4)

Including:

- STAT 241: Elementary Statistics

### Broad Knowledge Requirements (LOPERs 5-8)

Including:

- LOPER 7: Social Science
  - PSY 203: General Psychology

- LOPER 8: Natural Sciences
  - Select one of the following:
    - CHEM 145: Introductory Chemistry
    - CHEM 160 & 160L: General Chemistry and General Chemistry Laboratory

### Dispositional Requirements (LOPERs 9-10)

- LOPER 11: Wellness
  - PE 150: Healthy Wealthy and Wise

### BS Science-related course requirements

- MATH 102: College Algebra

### Program Specified Requirements

- PE 108: Introduction to Nutrition

## Major Option

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Exercise Science Requirements

- PE 107: Introduction to Exercise Science
- PE 305: Fitness Leadership
- PE 310: Introduction to Human Physiology of Exercise

- PE 329: Introduction to Health Promotions
- PE 360: Introduction to Anatomical Biomechanics
- PE 422: Essentials of Strength and Conditioning
- PE 461: Physiology of Exercise
- PE 467: Fitness Testing
- PE 468: Public Health Aspects of Physical Activity
- PE 475: Research Methods in Exercise Science
- PE 452: Exercise Prescription for Special Populations
- PE 496: Professional Readiness in Exercise Science

Take 3 hours from:

- PE 469: Sports Nutrition
  or PE 473: 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 GS 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.

---

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 webpage (http://unkcms.unk.edu/academics/hperls/exercise_science.php).