

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) ²</i>		6
LOPER 11: Wellness		3
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

Minor or 2nd Major Course	3
Total Credit Hours	16

Code	Title	Credit Hours
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
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
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