EXERCISE SCIENCE, BACHELOR OF SCIENCE

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

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<th>Code</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) 12

Including:

- STAT 241 Elementary Statistics

**Portal**

Select one course numbered 188 (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/) 3

**Distribution**

ENG 101 Introduction of Academic Writing 3

*If ENG 101 is taken as a prerequisite for ENG 102 then only 24 additional hours are required to meet the 27 credit hour minimum in the Distribution Area of General Studies*

Aesthetics (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/aesthetics) 3

Humanities (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/humanities) 6

Social Sciences (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/social-sciences) 6

Including:

- PSY 203 General Psychology
- SOC 100 Introduction to Sociology

**Natural Sciences (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/natural-sciences)** 9

Including:

- PHYS 205 General Physics I
  & 205L and Physics I Laboratory

Select one of the following:

- CHEM 145 Introductory Chemistry
- CHEM 160 General Chemistry
  & 160L and General Chemistry Laboratory

**Analytical and 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) 6

Including:

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

**Capstone**

Select one course numbered 388 (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/capstone-course) 3

**BS Science-related course requirements**

**MATH 102** College Algebra 1

**Major Option**

Complete all required courses 36

**Minor or 2nd Major**

Complete all required courses 2 24

**Unrestricted electives**

Needed to complete 120 credit hours 6

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).*

### Major Option

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**Exercise Science Requirements**

PE 107 Introduction to Exercise Science 1

PE 305 Fitness Leadership 2

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 Essentials of Strength and Conditioning 2

PE 422L Essentials of Strength and Conditioning Lab 0

PE 461 Physiology of Exercise 4

PE 467 Fitness Testing 4

PE 468 Public Health Aspects of Physical Activity 3

PE 475 Research Methods in Exercise Science 3

PE 452 Exercise Prescription for Special Populations 3

PE 496 Professional Readiness in Exercise Science 1

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 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.