

# 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
<b>General Studies</b>		
<i>Foundational Requirements (LOPERs 1-4)</i>		12
Including:		
LOPER 4: Mathematics, Statistics, and Quantitative Reasoning		
STAT 241	Elementary Statistics <sup>1</sup>	
<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) <sup>2</sup></i>		6
LOPER 11: Wellness		3
PE 150	Healthy Wealthy and Wise	
<b>BS Science-related course requirements</b>		<b>0-3</b>
MATH 102	College Algebra	
<b>Program Specified Requirements</b>		<b>3</b>
PE 108	Introduction to Nutrition	
<b>Major Option</b>		
Complete all required courses		36
<b>Minor or 2nd Major</b>		
Complete all required courses <sup>3</sup>		24
<b>Unrestricted electives</b>		
Needed to complete 120 credit hours		23-20
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](http://unkcms.unk.edu/academics/hperls/exercise_science.php)).

## Major Option

Code	Title	Credit Hours
<b>Exercise Science Requirements</b>		
PE 107	Introduction to Exercise Science	1

PE 305	Fitness Leadership	2
or PE 414	Implementation of a Strength Program	
PE 310	Introduction to Human Physiology of Exercise	3
PE 329	Introduction to Health Promotion	3
PE 360	Introduction to Anatomical Biomechanics	4
PE 422	Essentials of Strength and Conditioning	2
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:		3
PE 469	Sports Nutrition	
or PE 372	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.