## 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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### 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/portal-course) 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
- **PHYS 205L** General Physics I Laboratory
- **CHEM 145** Introductory Chemistry

or

- **CHEM 160** General Chemistry
- **CHEM 160L** General Chemistry Laboratory

**Analytical and Quantitative Thought** (http://catalog.unk.edu/undergraduate/general-studies/general-studies-courses/analytical-quantitative-thought) 0

**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 3

### Major Option

Complete all required courses 36

**Minor or 2nd Major**

Complete all required courses 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 3

Total Credit Hours 36

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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.