

# EXERCISE SCIENCE COMPREHENSIVE, 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 Education</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 Science		
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
KSS 150	Healthy Wealthy and Wise	
<b>BS Science-related course requirements</b>		0-3
MATH 102	College Algebra	
<b>Program Specified Requirements</b>		3
NUTR 108	Introduction to Nutrition	
<b>Major Option</b>		
Complete all required courses		54
<b>Unrestricted electives <sup>4</sup></b>		
Needed to complete 120 credit hours		26-29
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)).

Students accepted into the accelerated Master in Exercise Science or Master in 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
<b>Exercise Science Comprehensive Requirements</b>		
KSS 107	Introduction to Exercise Science	1
KSS 110	Basic Sports Activities <sup>3</sup>	1
KSS 265	Emergency Medical Response	2
KSS 305	Fitness Leadership	2
KSS 310	Introduction to Human Physiology of Exercise	3
KSS 329	Introduction to Health Promotion	3
KSS 360	Introduction to Anatomical Biomechanics	4
KSS 414	Implementation of a Strength Program	2
KSS 302	Volunteer Practicum Exercise Science	2
KSS 372	Special Topics in Exercise Nutrition <sup>5</sup>	3
or KSS 876P	Special Topics in Exercise Nutrition	
KSS 422	Essentials of Strength and Conditioning	2
KSS 452	Exercise Prescription for Special Populations	3
KSS 461	Physiology of Exercise	4
KSS 467	Fitness Testing	4
KSS 468	Public Health Aspects of Physical Activity	3
KSS 469	Sports Nutrition <sup>5</sup>	3
or KSS 866P	Sports Nutrition	
KSS 475	Research Methods in Exercise Science <sup>6</sup>	3
or KSS 879P	Research Methods in Exercise Science	
KSS 496	Professional Readiness in Exercise Science	1
REC 477	Internship	8
Total Credit Hours		54

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

Take one credit hour from the following: Spinning, Zumba, Crossfit, Pilates, Yoga, Step Aerobics, PIYO

4

Students accepted into the 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 in Exercise Science program may take KSS 866P in place of KSS 469 or KSS 876P in place of KSS 372.

6

Student accepted into the Accelerated 4+1 Master in Exercise Science program may take KSS 879P in place of KSS 475.

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
<b>Semester 1</b>		
LOPR 126	First Year Seminar	3
LOPER 2:	Writing Skills	3
MATH 102	College Algebra	3
or STAT 241	Elementary Statistics	
KSS 107	Introduction to Exercise Science	1
KSS 150	Healthy Wealthy and Wise (LOPER 11)	3
Unrestricted Elective		3
Total Credit Hours		16

Code	Title	Credit Hours
<b>Semester 2</b>		
LOPER 3:	Oral Communication Skills	3
LOPER 5:	Visual or Performing Arts	3
PSY 203	General Psychology	3
NUTR 108	Introduction to Nutrition	3
KSS 265	Emergency Medical Response	2
Total Credit Hours		14

Code	Title	Credit Hours
<b>Semester 3</b>		
CHEM 145	Introductory Chemistry	4
or CHEM 148	Introductory Chemistry for the Health Sciences	
or CHEM 160	General Chemistry	
& 160L	and General Chemistry Laboratory	
LOPER 10:	Respect for Human Diversity	3
KSS 305	Fitness Leadership	3
KSS 310	Introduction to Human Physiology of Exercise	3
Unrestricted Elective		3
Total Credit Hours		16

Code	Title	Credit Hours
<b>Semester 4</b>		
LOPER 6:	Humanities	3
LOPER 9:	Civic Competency and Engagement	3
KSS 110	Basic Sports Activities	1
KSS 329	Introduction to Health Promotion	3

KSS 360	Introduction to Anatomical Biomechanics	4
Total Credit Hours		14

Code	Title	Credit Hours
<b>Semester 5</b>		
KSS 302	Volunteer Practicum Exercise Science	3
KSS 414	Implementation of a Strength Program	2
KSS 461	Physiology of Exercise	4
Unrestricted Elective		3
Unrestricted Elective		3
Total Credit Hours		15

Code	Title	Credit Hours
<b>Semester 6</b>		
KSS 422	Essentials of Strength and Conditioning	2
KSS 467	Fitness Testing	4
KSS 372	Special Topics in Exercise Nutrition	3
or KSS 876P	Special Topics in Exercise Nutrition	
Unrestricted Elective		3
Unrestricted Elective		3
Total Credit Hours		15

Code	Title	Credit Hours
<b>Semester 7</b>		
KSS 452	Exercise Prescription for Special Populations	3
KSS 468	Public Health Aspects of Physical Activity	3
KSS 469	Sports Nutrition	3
or KSS 866P	Sports Nutrition	
KSS 475	Research Methods in Exercise Science	3
or KSS 879P	Research Methods in Exercise Science	
Unrestricted Elective		3
Total Credit Hours		15

Code	Title	Credit Hours
<b>Semester 8</b>		
REC 477	Internship	8
KSS 496	Professional Readiness in Exercise Science	1
Unrestricted Elective		3
Unrestricted Elective		3
Total Credit Hours		15