



BACHELOR of SCIENCE in EXERCISE SCIENCE (#554) Kinesiology, Recreation, and Sport College of Health and Human Services Western Kentucky University
The suggested program of study shown below should be used in consultation with your advisor(s). Every student will finish with a unique plan of his/her own depending on the electives selected.

Success Markers

SAMPLE - 4 year plan

FIRST YEAR*	Fall Semester		Spring Semester	
Visit the Exercise Science Web Page at http://www.wku.edu/exs/index.php See advisor about pre-exercise science program admission requirements If you are interested in pre-physical therapy, please talk with your advisor about the prerequisite courses	ENG 100 Introduction to College Writing (F-W1)	3	COMM 145 – Fundamentals of Public Speaking - Foundations (F-OC)	3
	EXS 122 – Foundations of Kinesiology	3	HIST 101/102 World History I or II (F-SB)	3
	PSY 100 – Intro to Psychology or PSY 220 - Developmental Psychology – (E-SB)	3	Pre-Professional prerequisite/elective/minor course	3
	MATH 116 – College Algebra or higher Colonnade math (F-QR)	3	BIOL 131 – Anatomy and Physiology – Explorations (E-NS, SL)	4
	Arts and Humanities (E-AH)	3	ENG 200- Intro to Literature – (F-AH)	3
	TOTAL CREDIT HOURS	15	TOTAL CREDIT HOURS	16
SECOND YEAR	Fall Semester		Spring Semester	
Fill out the Exercise Science program application in the beginning of your Spring semester. http://www.wku.edu/exs/preprogram.php	EXS 223 – Introduction to Exercise Science	3	EXS 296 – Practicum in Exercise Science	3
	CHEM 109* Chemistry for the Health Sciences or higher - (E-NS)	4	SFTY 171 – Safety and First Aid	1
	ENG 300 Writing in the Disciplines – Foundations (F-W2)	3	Required Connections: HMD 211 – Human Nutrition – Connections (K-SY)	3
	World Language, if needed OR General Elective	3	Pre-Professional prerequisite/elective/minor course	3
	Pre-Professional prerequisite/elective/minor course	3	Pre-Professional prerequisite/elective/minor course	3
	TOTAL CREDIT HOURS	16	TOTAL CREDIT HOURS	13

World Language Proficiency: All students entering in fall 2014 or later must demonstrate proficiency in a world language at the Novice High level before completing 60 credit hours. Novice high is the ability to communicate in writing and speaking on familiar topics in simple sentences. To meet this requirement, students may take college language courses or take a proficiency test. For more information go to: <http://www.wku.edu/modernlanguages/placement/>.

Colonnade Program: All students entering in fall 2014 or later must complete 39 hours in 13 specific Colonnade areas. Colonnade areas are listed in parentheses marked in blue after the corresponding classes. Some areas may have specific course requirements while others can be chosen from selected lists of options. For more details and to see lists of options, go to http://www.wku.edu/colonnade/documents/approved_colonnade_courses_website.pdf.

THIRD YEAR	Fall Semester		Spring Semester	
<i>Visit Career Services</i>	EXS 311 – Physiology of Exercise	3	EXS 325 – Applied Exercise Physiology	3
	EXS 310 – Kinesiology	3	EXS 324 – Measurement and Evaluation in Kinesiology	3
	EXS 313 – Motor Learning and Control	3	EXS 455 – Exercise and Aging	3
	Connections (Social & Cultural) (K-SC)	3	Pre-Professional prerequisite/elective/minor course	3
	Pre-Professional prerequisite/elective/minor course	3	Pre-Professional prerequisite/elective/minor course	3
	TOTAL CREDIT HOURS	15	TOTAL CREDIT HOURS	15

FOURTH YEAR	Fall Semester		Spring Semester	
<i>Apply for Graduation!</i>	EXS 412 – Exercise Testing and Prescription	4	EXS 420 – Clinical Exercise Physiology	4
	EXS 436 – Principles of Strength and Conditioning	3	EXS 446 – Biomechanics	4
	PE 312 – Basic Athlete Training	3	EXS 496 – Internship in Exercise Science OR EXS 498 – Capstone Research Experience in Exercise Science	6
	Pre-Professional prerequisite/elective/minor course	3		
	Connections (Local to Global) (K-LG)	3		
	<i>Celebrate</i>	TOTAL CREDIT HOURS	16	TOTAL CREDIT HOURS

Total Credit Hours: 120

*If you are interested in eventually pursuing a graduate degree in physical therapy or other professional/graduate programs, please consult with your advisor regarding the appropriate/additional prerequisite courses.

Prerequisites, Course Numbers, and Course Titles are subject to change. Consult your advisor each semester.

For more Information:

Department: Kinesiology, Recreation, and Sport

Website: www.wku.edu/exs/index.php

Phone: 270-745-5857

Email: krs@wku.edu

Course Descriptions: <http://www.wku.edu/undergraduatecatalog/>