



**BACHELOR of SCIENCE in EXERCISE SCIENCE (#554)**

School of 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**

<b>FIRST YEAR*</b>	<b>Fall Semester</b>		<b>Spring Semester</b>	
<p><b>Visit the Exercise Science Web Page at <a href="http://www.wku.edu/exs/index.php">http://www.wku.edu/exs/index.php</a></b></p> <p><b>See advisor about pre-exercise science program admission requirements</b></p> <p><b>If you are interested in pre-physical therapy, please talk with your advisor about the prerequisite courses.</b></p>	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
	<b>TOTAL CREDIT HOURS</b>	<b>15</b>	<b>TOTAL CREDIT HOURS</b>	<b>16</b>
<b>SECOND YEAR</b>	<b>Fall Semester</b>		<b>Spring Semester</b>	
<p><b>Pre-Exercise Science majors, please refer to the Exercise Science webpage for the application requirements and instructions for submitting your application. <a href="http://www.wku.edu/exs/preprogram.php">http://www.wku.edu/exs/preprogram.php</a></b></p> <p><b>Please prepare early for EXS 296 Practicum to ensure you are able to obtain a site and submit the required documents by the due date. Please see website for details. <a href="http://www.wku.edu/exs/practintern.php">http://www.wku.edu/exs/practintern.php</a></b></p>	EXS 223 – Introduction to Exercise Science	3	EXS 296 – Practicum in Exercise Science ( <a href="http://www.wku.edu/exs/practintern.php">http://www.wku.edu/exs/practintern.php</a> )	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
	<b>TOTAL CREDIT HOURS</b>	<b>16</b>	<b>TOTAL CREDIT HOURS</b>	<b>13</b>

**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](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 412 – Exercise Testing & Prescription	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
	<b>TOTAL CREDIT HOURS</b>	<b>15</b>	<b>TOTAL CREDIT HOURS</b>	<b>15</b>

FOURTH YEAR	Fall Semester		Spring Semester	
<i>Apply for Graduation!</i>	EXS 455 – Exercise and Aging	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 ( <a href="http://www.wku.edu/exs/practintern.php">http://www.wku.edu/exs/practintern.php</a> ) - <b>OR</b> - EXS 498 – Capstone Research Experience in Exercise Science <sup>(#)</sup>	6
	Pre-Professional prerequisite/elective/minor course	3		
	Connections (Local to Global) (K-LG)	3		
	<b>TOTAL CREDIT HOURS</b>	<b>16</b>	<b>TOTAL CREDIT HOURS</b>	<b>14</b>

**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.

<sup>(#)</sup> The EXS 498 Capstone research experience in exercise science course is a highly selective course designed to provide the student with the opportunity to complete a substantial research project under the supervision of a faculty mentor. Arrangements must be made with a faculty mentor to gain permission to be enrolled in the course. It is optimal to plan a semester or more in advance when wanting to enroll in EXS 498.

**For more Information:**

**Department:** Kinesiology, Recreation, and Sport

**Website:** [www.wku.edu/exs/index.php](http://www.wku.edu/exs/index.php)

**Phone:** 270-745-5857

**Email:** [krs@wku.edu](mailto:krs@wku.edu)

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