BACHELOR of SCIENCE; 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. **Admission to the major is required to register for all 300 and 400 level exercise science classes.** Prerequisites, Course Numbers, and Course Titles are subject to change.

SAMPLE – Finish in Four Plan

FIRST YEAR			
Fall Semester		**Spring Semester**	
ENG 100 – Intro College Writing (F-W1)	3	HIST 101 World History I OR HIST 102 World History II (F-SB)	3
*MATH 116 College Algebra (F-QR)	3	COMM 145 Fundamentals of Public Speaking (F-OC)	3
*EXS 122 – Foundations of Kinesiology	3	ENG 200 – Intro to Literature (F-AH)	3
*BIOL 131 – Human Anatomy & Physiology (E-NS/SL)	4	*EXS 223 – Intro to Exercise Science	3
*PSY/S 100 – Intro to Psychology OR SOCL 100 – Intro to Sociology OR PSY/S 220 – Lifespan Developmental Psychology OR GERO 100 – Intro to Aging Experience (E-SB)	3	*CHEM 109 – Chemistry for the Health Sciences (E-NS) OR CHEM 120 – College Chemistry I AND CHEM 121 – College Chemistry I Lab (E-NS/SL)	4 OR 3/2
TOTAL CREDIT HOURS	**16**	**TOTAL CREDIT HOURS**	**16 or 17**

SECOND YEAR			
Fall Semester		**Spring Semester**	
Minor/Elective **OR** World Language (if needed)	3	*EXS 296 – Practicum in Exercise Science	3
Arts & Humanities (E-AH)	3	*HMD 211 – Human Nutrition (K-SY)	3
*SFTY 171 – Safety and First Aid	1	Connections: Local to Global (K-LG)	3
ENG 300 – Writing in the Disciplines (F-W2)	3	Pre-Professional prerequisite/Minor/Elective	3
Pre-Professional prerequisite/Minor/Elective	3	Pre-Professional prerequisite/Minor/Elective	3
Pre-Professional prerequisite/Minor/Elective	3		
TOTAL CREDIT HOURS	**16**	**TOTAL CREDIT HOURS**	**15**

THIRD YEAR				
Fall Semester		**Spring Semester**		
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/Minor/Elective	3
Pre-Professional prerequisite/Minor/Elective	3	Pre-Professional prerequisite/Minor/Elective	3
TOTAL CREDIT HOURS	**15**	**TOTAL CREDIT HOURS**	**15**

FOURTH YEAR				
Fall Semester		**Spring Semester**		
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 Athletic Training	3	EXS 496 – Internship in Exercise Science OR #EXS 498 – Capstone Research Experience in Exercise Science	6
Pre-Professional prerequisite/Minor/Elective	3		
TOTAL CREDIT HOURS	**13**	**TOTAL CREDIT HOURS**	**14**

Total Credit Hours: 120

For more details and courses offered in the Colonnade General Education program visit the website. **World Language Requirement**: Language Proficiency of novice-high before completing 60 credit hours is required (or completion of 2nd level of a language). Two credits (or equivalent) of a single world language in High School satisfies this WKU requirement.

* Denotes prerequisite courses before program admission
# The EXS 498 Capstone Research Experience in Exercise Science 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 member. 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:
School: Kinesiology, Recreation and Sport
Website: https://www.wku.edu/exs/
Phone: (270) 745-5857
Email: krs@wku.edu
Course Descriptions: https://www.wku.edu/undergraduatecatalog/