### Freshman Year

**Semester I**
- **KINS 106** New Student Experience: Kinesiology (1)
- **BIOL 103** Principles of Human Anatomy (4) [Prerequisite: Math proficiency through MATH-090; MATH 105]

**Semester II**
- **CHEM 150** General Chemistry I (3) and **CHEM 151** General Chemistry Lab I (1) [Prerequisite: MATH 180]
- **BIOL 104** Principles of Human Physiology (4) [Prerequisite: Math proficiency through MATH-090; MATH 105] *Satisfies Natural Sciences area of the general education core*
- **KINS 190** Intro to Kinesiology, Health, and Sport Sciences (2) [Freshman or Sophomore year]
  - or **KINS 315** Professional Seminar in Exercise Science (2) [if transfer Jr. or Sr. year]

### Sophomore Year

**Semester I**
- **KINS 245** Introduction to Exercise Physiology and Performance (4) [Prerequisite: BIOL 103, BIOL 104]
- **KINS 251** Sports Nutrition (3) [Prerequisite: BIOL 103 and 104, CHEM 150/151]
- **KINS 280** Sport, Exercise, and Health Behavior (3) [Prerequisite: KINS 190 or KINS 315 or instr. permission]
- **PHYS 150** General Physics I (4) [Prerequisite: MATH 180] *NOTE: PHYS 148 and 149 may be taken in place of PHYS 150. Each class is 2 credit hours over two semesters.***

**Semester II**
- **KINS 325** Group Exercise Leadership and Programming (3) [Prerequisites: KINS 190 or KINS 315, BIOL 103]
- **KINS 350** Exercise Physiology (4) [Prerequisite: BIOL 103, BIOL 104, CHEM 150/151, KINS 245]
- **KINS 410** Motor Control and Biomechanics (4) [Prerequisite: BIOL 103, BIOL 104, PHYS 150, KINS 245] *satisfies the Writing and Speaking Across the Curriculum requirement of the general education core*

### Junior Year

**Semester I**
- **KINS 470** Exercise Science Lab (4) [Prerequisite: KINS 350, KINS 410, CPR and First Aid certification required]
- **KINS 490** Exercise Prescription (3) [Prerequisite: KINS 350, KINS 410]

**Semester II**
- **KINS 376** Strength and Conditioning (3) [Prerequisites: KINS 350, KINS 470, KINS 490]

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Senior Year

Semester I

- **KINS 356**  Exercise Science Programming and Management (3) [Prerequisites: KINS 280, KINS 325]
- **KINS 485**  Readings and Practical Experience in Exercise Science (1) [Prerequisite: KINS 490]
- **KINS 487**  Readings and Practical Experience in Strength and Conditioning (1) [Prerequisite: KINS 490]

OR

Semester II

- **KINS 395**  Professional Experience in Exercise Science (6-12) All courses required for the exercise science major must be completed before with a “C” or better before KINS 395 [Prerequisites: KINS 280, KINS 350, KINS 356, KINS 376, KINS 410, KINS 470, KINS 485 or 487, KINS 490.] Satisfies the Capstone requirement of the general education core

Total Credit Hours in Major: 59

- Students are encouraged to communicate regularly with financial aid, as an early graduation can impact eligibility for aid during year 1 of graduate school.
- A grade of C or higher is required for all courses in the Exercise Science major to graduate.
- Exercise Science majors must be CPR/First Aid certified before taking KINS 470.
- Prior to entrance to UIIndy, it is expected that students wishing to become Exercise Science majors will have had (in high school) math through pre-calculus, 2 semesters each of chemistry and biology, at least 1 semester of physics and 2 years of the same modern foreign language. Students without this prior experience (or who have performed poorly in these classes) can expect to take remedial classes which will likely cause the degree to take longer than 4 years to achieve.
- The Bachelor of Science degree requires a minimum of 120 hours. See the Curriculum Guide for the General Education Core.

Pre-Physical Therapy Concentration: Additional courses

- **BIOL 165**  Introduction to Cell Biology (4)
- **CHEM 160/161**  General Chemistry and General Chemistry II Lab (4)
- **BIOL 305**  Human Functional Anatomy (4) [taken junior or senior year]
- **BIOL 330**  Mammalian Physiology (4) [taken junior or senior year]
- **PHYS 160**  General Physics II (4)
- **MATH 220/245**  Statistics for the Sciences (4)

Behavioral Science Requirement (6): Courses involving human interaction—PSCI does not count