

# Kinesiology: Exercise Science Emphasis (B.S.)\*

The Exercise Science emphasis offers Kinesiology undergraduate students the opportunity to construct a course of study that will serve various career goals. Students in the Exercise Science emphasis are required to complete the following coursework:

## I. Complete **ALL** of the following courses:

Chemistry 2/3	Principles of Chemistry with Lab (pre-requisite for Bio 13/14 and for Bio 25/26)
Biology 10/11	Introduction to Biology with Lab (pre-requisite for Bio 13/14 and Bio 25/26) (SU)
Biology 13/14	Human Anatomy for Kinesiology Majors with Lab
Biology 25/26	Human Physiology with Lab
Math 4, 13, or 27	Intro to Probability & Statistics, Calculus w/Elementary Functions, or Calculus I (MU)
Kinesiology 10	Introduction to Kinesiology
Kinesiology 15	Research Methods and Writing in Kinesiology (WID), Co-Requisite Writing Circle
Kinesiology 102	Structural Biomechanics
Kinesiology 107	Nutrition for Sport and Physical Activity
Kinesiology 110/110L	Exercise Physiology with Lab
Kinesiology 112	Sport and Exercise Psychology
Kinesiology 117	Motor Learning and Control



## II. Select at least **ONE** of the following Applied Rehabilitation and Training courses:

Kinesiology 109	Care and Prevention of Athletic Injuries
Kinesiology 115/115L	Fitness Assessment and Exercise Prescription with Lab
Kinesiology 122/122L	Principles of Strength and Conditioning with Lab

III. Select a minimum of **THREE** additional upper-division courses in consultation with a Department of Kinesiology advisor. **ONE** of these courses may be selected from related programs with the department's approval. The following are examples of typical courses selected by Exercise Science students:

Kinesiology 106	Women in Sport (AD, TCG)
Kinesiology 111	History of Sport
Kinesiology 114	Sociology of Sport and Physical Activity (SHCU)
Kinesiology 118	Community Health
Kinesiology 127	Health Promotion: Planning and Evaluation
Kinesiology 128	Global Impact of Physical Inactivity (GP)
Kinesiology 130	Multicultural Health and Wellness (AD, TCG)
Kinesiology 131	Sport and Social Justice
Kinesiology 195	Internship (1.0-credit)
Kinesiology 197	Independent Study (1.0-credit)

The following are some of the departments from which Exercise Science students have taken courses:

- Anthropology
- Biology
- Chemistry
- Communication
- Politics
- Psychology

\*All students must complete 36.00 course credits, 17 of which must be upper division course credits.

\*All **core curriculum** course requirements, major, and minor (if applicable) requirements must be completed.

\*All prerequisites must be passed with a grade of C- or higher.

\*All students must have a cumulative and major grade point average of at least 2.00.

# Career Opportunities in Exercise Science

## Health & Wellness

- Personal Trainer
- Fitness Director/Manager
- Fitness Instructor
- Health Promotion
- Community Wellness
- Fitness Specialist
- Obesity Prevention

## Clinical

- Physical Therapy
- Chiropractic
- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Clinical Dietician
- Clinical Exercise Physiologist
- Exercise Specialist

## Performance & Education

- Sport Nutritionist
- Sport Psychologist
- Strength & Conditioning Coach
- Athletic Trainer
- Teacher (College, K-12)
- Coach

## Science & Research

- Exercise Physiologist
- Biomechanist
- Lab Technician
- Sport Nutrition Product Development
- Ergonomist

The options listed above are only some examples of some of the career choices in Exercise Science. For some of them a professional certification and/or post graduate education is required.

### Potential Employers in these areas include:

- Public and Private Schools
- Hospitals and Clinics
- Olympic Training Centers
- City Parks and Recreation Centers
- Health and Fitness Clubs
- Corporate Wellness Facilities
- Amateur and Professionals Sports Teams/Leagues

### Useful Resources:

- American College of Sports Medicine (ACSM):  
[www.acsm.org](http://www.acsm.org)
- American Society of Exercise Physiologists:  
[www.asep.org](http://www.asep.org)
- American Kinesiology Association:  
[www.americankinesiology.org](http://www.americankinesiology.org)
- Exercise Jobs:  
[www.exercisejobs.co](http://www.exercisejobs.co)