

# BACHELOR OF SCIENCE IN EXERCISE SCIENCE PRE-OT OPTION

## SUGGESTED 4-YEAR SEQUENCE (CATALOG YEAR 2022-2023 - UPDATED JUNE 2022)

This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.

YEAR 1					
FALL			SPRING		
<b>ENG 1001G</b>	Composition and Language	3	<b>KSR 1500</b>	KSR as a Profession	2
<b>CMN 1310G</b>	Intro to Speech Communication	3	<b>KSR 2440</b>	Structural Kinesiology	3
<b>BIO XXXX</b>	Gen Ed Biological Science	4	<b>KSR 1310</b>	Aqua Exercise	1
<b>PSY 1879G</b>	Introduction to Psychology	3	<b>ENG 1002G</b>	Composition and Literature	3
<b>GEN XXXX</b>	General Education Humanities	3	<b>GEN XXXX</b>	Gen Ed Social/Behavioral Science	3
			<b>GEN XXXX</b>	Gen Ed Fine Arts	3
Total		16	Total		15
YEAR 2					
FALL			SPRING		
<b>BIO 2210</b>	Anatomy and Physiology I	4	<b>KSR 1600</b>	Intro to Resist. Training	2
<b>KSR 2850</b>	Fitness for Life	3	<b>KSR 1692</b>	Intro to Group Fitness	1
<b>NTR 2100</b>	Personal Nutrition	3	<b>KSR 3800</b>	Biomechanics of Human Movement	3
<b>GEN XXXX</b>	Gen Ed Humanities/Fine Arts	3	<b>NTR 3757</b>	Nutrition for Physical Performance	3
<b>SOC 1838G</b>	Introduction to Sociology	3	<b>BIO 2220</b>	Anatomy and Physiology II	4
			<b>PSY 3515</b>	Child Psychology	3
Total		16	Total		16
YEAR 3					
FALL			SPRING		
<b>KSR 4340</b>	Principles of Exercise Physiology	3	<b>KSR 4440</b>	Physical Fitness Appraisal	3
<b>KSR 3104</b>	Resistance Training/Group Fitness	3	<b>KSR 3860</b>	Org & Admin in Spt Mgt/Ex Sci	3
<b>CHM 1310/15</b>	Chemistry I	4	<b>KSR 4900</b>	Special Topics in KSR	1
<b>MAT 2250G</b>	Statistics	4	<b>PSY 3780</b>	Abnormal Psychology	3
<b>XXX XXXX</b>	Foreign Language or Elective	3-4	<b>NUR 2613</b>	Medical Terminology	3
			<b>XXX XXXX</b>	Foreign Language or Elective	3-4
Total		17-18	Total		17-18
YEAR 4					
FALL			SPRING		
<b>KSR 4450</b>	Exercise Prescription	4	<b>KSR 4275</b>	Internship	6
<b>KSR 4460</b>	Principles of Resistance Training	3			
<b>KSR 4900</b>	Special Topics in KSR	1			
<b>KSR 4274</b>	Pre-Internship	1			
<b>KSR 3720</b>	Exercise Psychology	2			
<b>PHY 1151G</b>	Physics I	3			
<b>PHY 1152G</b>	Physics Lab	1			
<b>EIU 4XXX</b>	Senior Seminar	3			
Total		17	Total		6

### TOTAL MAJOR COURSEWORK: 123-125 HRS

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- All Exercise Science students are not accepted into major and cannot take any upper division KSR courses until they have taken BIO 2210, KSR 1500 and KSR 2440 and received a grade of "C" or better in each course.
- Students should look into specific prerequisites for the Masters or Doctor of Occupational Therapy schools they are interested in.