



BACHELOR of SCIENCE in EXERCISE SCIENCE (#554)

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

FIRST YEAR* Visit the Exercise Science Web Page at http://www.wku.edu/exs/index.php See advisor about program admission requirements	Fall Semester		Spring Semester	
	EXS 122 – Foundations of Kinesiology	3	MATH 116 – College Algebra	3
PSY 100 – Intro to Psychology	3	SOCL 100 OR GERO 100	3	
General Education Course	3	BIOL 131 – Anatomy and Physiology	4	
General Education Course	3	General Education Course	3	
General Education Course	3	General Education Course	3	
TOTAL CREDIT HOURS	15	TOTAL CREDIT HOURS	16	

SECOND YEAR Fill out the Exercise Science program application in the beginning of your Spring semester. http://www.wku.edu/exs/preprogram.php	Fall Semester		Spring Semester	
	EXS 223 – Introduction to Exercise Science	3	EXS 296 – Practicum in Exercise Science	3
CHEM 109* or higher	4	SFTY 171 – Safety and First Aid	1	
HMD 211 – Human Nutrition	3	General Education Course	3	
General Education Course	3	General Education Course	3	
General Education Course	3	General Education Course	3	
TOTAL CREDIT HOURS	16	TOTAL CREDIT HOURS	13	

SUMMER TERM <i>Look into Study Abroad options!</i>	Summer Term	
	TOTAL CREDIT HOURS	

THIRD YEAR	Fall Semester		Spring Semester	
	<i>Visit Career Services</i>	EXS 311 – Physiology of Exercise	3	EXS 325 – Applied Exercise Physiology
EXS 310 – Kinesiology		3	EXS 324 – Measurement and Evaluation in Kinesiology	3
EXS 313 – Motor Learning and Control		3	EXS 455 – Exercise and Aging	3
General Education Course / Elective		3	General Education Course / Elective	3
General Education Course / Elective		3	General Education Course / Elective	3
TOTAL CREDIT HOURS		15	TOTAL CREDIT HOURS	15

FOURTH YEAR	Fall Semester		Spring Semester	
	<i>Apply for Graduation!</i>	EXS 412 – Exercise Testing and Prescription	4	EXS 420 – Clinical Exercise Physiology
EXS 436 – Principles of Strength and Conditioning		3	EXS 446 – Biomechanics	4
PE 312 – Basic Athlete Training		3	EXS 496 – Internship in Exercise Science OR EXS 498 – Capstone Research Experience in Exercise Science	6
General Education Course / Elective		3		
General Education Course / Elective		3		
TOTAL CREDIT HOURS		16	TOTAL CREDIT HOURS	14

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.

For more Information:

Department: Kinesiology, Recreation, and Sport

Website: www.wku.edu/exs/index.php

Phone: 270-745-5857

Email: krs@wku.edu

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