

Exercise Science Major

Bachelor of Science

As of Fall 2021

Major Requirements: 54-55 semester hours. **At least 18 semester hours must be taken at Aquinas.** Only courses with a grade of C- or better will count toward the major.

AQUINAS REQUIREMENTS

_____	BY 150 - Human Biology (or equivalent)	4.0
_____	BS 200 Fundamentals of Organization	3.0
_____	BS 310 Enterpren. and Small Bus. Mgmt.	3.0
_____	KN 158 Emergency Medical Response (First	3.0
_____	KN 159 Introduction to Kinesiology	3.0
_____	KN 250 Physiology of Exercise	4.0
_____	KN 251 Nutrition for Sports Performance	3.0
_____	KN 256 Kinesiology	4.0
_____	KN 350 Medical Aspects of Athletics (SC)	3.0
_____	KN 364 Human Growth and Development	3.0
_____	KN 367 Administration for the Exercise Science Professional	3.0
_____	KN 404 Conditioning I	2.0
_____	KN 405 - Conditioning II: Designing Progs. (S	2.0
_____	KN 406 Exercise Prescription and Testing	3.0
_____	KN 452 Physical Activities of Special Pop.	3.0
_____	KN 397 Internship (6-12 credits)	6.0

TRANSFER REQUIREMENTS

_____	BI 117	General Human Anatomy and Physiology
_____	BA 103	Introduction to Business
_____	BA 105 or	
_____	286	Entrepreneurship
_____		CPR/AED/First Aid for Professional
_____	WE 156	Rescuer
_____	EXS 184	INTRODUCTION TO EXERCISE SCIENC

_____	GH 200	General Nutrition

_____	EXS 198	Introduction to Athletic Training

Complete one (1) competency area from the following:

Group Fitness competency

_____	KN 109 - Aerobics	1	WE 125	Aerobic Conditioning Program
_____	KN 361 - Group Exercise Leadership	2	EXS 230	Exercise Leadership

Strength and Conditioning competency

_____	KN 357 - Therapeutic Exercise	3	WE 141 or	
_____	KN 108 - Weight Training	1	155	Beginning Weight Training

OPTIONAL CONCENTRATIONS:

Coaching: Fifteen (15) semester hours

_____	KN108 Weight Training (if taken for competency area then take KN109)	1.0	WE 141 or	
			WE 155 or	Weight Training or Aerobic Conditioning Program
			WE 125	Program

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