

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 Aid/CPR)	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

4.0	<u>BIOL145 INTRO ANATOMY AND PHYSIOLOGY</u>
3.0	<u>BUSN118 INTRODUCTION TO BUSINESS</u>
3.0	_____
3.0	_____
3.0	<u>PFKN170 FOUNDATIONS OF KINESIOLOGY</u>
4.0	<u>PFKN200 EXERCISE PHYSIOLOGY</u>
3.0	<u>PFWH123 HUMAN NUTRITION</u>
4.0	<u>PFKN208 BIOMECHANICS</u>
3.0	_____
3.0	<u>PFKN260 GROWTH AND MOTOR BEHAVIOR</u>
3.0	_____
2.0	_____
2.0	_____
3.0	<u>PFKN270 PERSONAL TRAINER PREPARATION</u>
3.0	<u>PFKN265 EXERCISE-DIVERSE POPULATIONS</u>
6.0	_____

Complete one (1) competency area from the following:

Group Fitness competency

_____	KN 109 - Aerobics	1	<u>PFFT120 AEROBIC EXERCISE</u>
_____	KN 361 - Group Exercise Leadership	2	<u>PFKN106 GROUP FITNESS INSTRUCTOR PREP</u>

Strength and Conditioning competency

_____	KN 108 - Weight Training	1	<u>PFWT112 INTRO TO WEIGHT TRAINING or PFWT123 WEIGHT TRAINING I</u>
_____	KN 357 - Therapeutic Exercise	3	_____

OPTIONAL CONCENTRATIONS:

Coaching: Fifteen (15) semester hours

_____	KN108 Weight Training (if taken for competency area then take KN109)	1.0	<u>PFWT112 INTRO TO WEIGHT TRAINING or PFWT123 WEIGHT TRAINING I</u>
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