

## **EXERCISE SCIENCE: BACHELOR OF SCIENCE**

PRE-PHYSICAL THERAPY CONCENTRATION

Four-Year Planning Guide ■ Catalog Year 2020-2021

### FALL

### SPRING

**FRESHMAN (2021)** 

### FRESHMAN (2020)

| IDS-103<br>MAT-121<br>ENG-212<br>BIO-241<br>KIN-100<br>IDS-101 | CU Foundations I<br>College Algebra*<br>Writing & Culture**<br>Anatomy & Physiology I<br>Total Fitness & Wellness<br>Creativity, Innovation, & Problem Solving | 1<br>3<br>4<br>2<br>2<br><b>15</b> | IDS-104<br>HIS-114<br>PSY-111<br>BIO-242<br>REL-104<br>KIN-1XX | CU Foundations II<br>World Civilization II<br>General Psychology***<br>Anatomy & Physiology II<br>Old Testament Literature<br>KIN Activity course                                     | 1<br>3<br>3<br>4<br>3<br>1<br><b>15</b> |
|--|--|------------------------------------|--|---|---|
|  | SOPHOMORE (2021)   |                                    | S  | OPHOMORE (2022)   |   |
| REL-204<br>KIN-211<br>BIO-151<br>CHM-1XX                       | New Testament Literature<br>History & Principles of Kinesiology<br>General Biology<br>Chemistry elective<br>see back for details                               | 3<br>3<br>4<br>4<br>4<br>14        | COM-112<br>KIN-251<br>PHI-211<br>MAT-151<br>CHM-1XX            | Communication in Culture<br>Motor Development<br>Philosophy in Culture<br>Statistics<br>Chemistry elective <b>(if needed)</b><br>see back for details                                 | 3<br>3<br>3<br>4<br>16                  |
|  | <b>JUNIOR (2022)</b>   |                                    |  | JUNIOR (2023)   |   |
| KIN-346<br>KIN-362<br>BIO-347<br>REL-352                       | Exercise Testing & Prescriptions<br>First Aid & Injury Prevention<br>Introduction to Nutrition<br>Christian Beliefs & History<br>General elective              | 3<br>3<br>3<br>4<br><b>16</b>      | KIN-402<br>KIN-341<br>KIN-342<br>KIN-345                       | Professional Capstone Seminar<br>Anatomical Kinesiology<br>Exercise Physiology<br>Measurement & Evaluation<br>Global Studies Requirement<br><b>Could take as a J or May term trip</b> | 1<br>4<br>3<br>3<br>3<br>3              |
|  | SENIOR (2023)  |                                    |  | SENIOR (2024)   |   |
| PHY-211<br>KIN-380<br>KIN-403<br>KIN-444                       | General Physics I<br>Internship<br>Professional Capstone Research Project<br>Advanced Exercise Physiology<br>General elective                                  | 4<br>3<br>1<br>3<br>3              | PHY-212<br>KIN-380<br>HUM-311                                  | General Physics II<br>Internship<br>Imagination in Culture<br>General electives   | 4<br>3<br>3<br>6                        |
|  |  | 14                                 | l  | TOTAL CREDITS   | 16<br>120                               |
| *Selection ba  | ased on Math ACT/SAT score at the time of registi  | ration                             | **English r  | placement based on ACT/SAT score  |   |
| ***PSY 111 r   | neets Core Social Science Requirement  |                                    |  |   |   |



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#### **RELATED COURSES THAT FULFILL GLOBAL STUDIES REQUIREMENT:**

| For a full list of courses Academic Catalog |                                       |   |  |  |  |
|---|---------------------------------------|---|--|--|--|
| CMI-243                                     | Introduction to Intercultural Studies |   |  |  |  |
| COM-311                                     | Intercultural Communication           | 3 |  |  |  |
| SSC-312                                     | World Affairs                         | 3 |  |  |  |
| LIN-100                                     | Language in Culture                   | 3 |  |  |  |
|   | International Study Trip              | 3 |  |  |  |

### CHEMISTRY ELECTIVE OPTION (CHOOSE OPTION A OR OPTION B)

| Option A                                 |   | Option B<br>(Take both courses) |   |  |
|--|---|---------------------------------|---|--|
| CHM 111- Principles of General Chemistry | 4 | CHM 121- General Chemistry I    | 4 |  |
|  |   | CHM 122- General Chemistry II   | 4 |  |

| REQUIRED P | Credit Hours  |     |
|------------|---|-----|
| BIO-151    | General Biology   | 4   |
| BIO-241    | Anatomy and Physiology I  | 4   |
| BIO-242    | Anatomy and Physiology II   | 4   |
| BIO-347    | Introduction to Nutrition   | 3   |
| MAT-151    | Statistics  | 3   |
| KIN-211    | History and Principles of Kinesiology                               | 3   |
| KIN-251    | Motor Development and Learning                                      | 3   |
| KIN-341    | Anatomical Kinesiology  | 4   |
| KIN-342    | Exercise Physiology   | 3   |
| KIN-345    | Measurement and Evaluation  | 3   |
| KIN-346    | Exercise Testing and Prescriptions                                  | 3   |
| KIN-362    | First Aid and Injury Prevention                                     | 3   |
| KIN-380    | Internship  | 6   |
| KIN-402    | Professional Capstone Seminar                                       | 1   |
| KIN-403    | Professional Capstone Research Project                              | 1   |
| KIN-444    | Advanced Exercise Physiology  | 3   |
| PSY-111    | General Psychology  | 3   |
| PHY-211    | General Physics I   | 4   |
| PHY-212    | General Physics II  | 4   |
| CHM-1XX    | Chemistry elective(s) (see list above to select appropriate option) | 4-8 |
|            |   |     |

# **CUMULATIVE TOTAL 66-70**