

Major/Minor/Certificate (Plan) Information

Program Code

KNREXSCIBS

Short Title

ExerScnce

Long title (as much of full title as possible)

Exercise Science BS

Are you requesting a TITLE change to an existing major, sequence, minor or certificate?

No

If requesting a title change(s), provide the **CURRENT** and **NEW** titles, and an itemization of costs expected to be incurred by the department/school, college, or university if the proposed change(s) is approved.

-

Did a majority of your faculty approve this title change?

No

Are you requesting to add a NEW Sequence to an existing major?

Yes

Brief description/rationale for proposed changes.

These accelerated pathways align with student demand for efficient, cost-effective degree options and responds to workforce needs for advanced training in exercise physiology and biomechanics (including clinical exercise science and related health professions). By creating a clear, structured route to graduate study, the programs would enhance student recruitment and retention, while strengthening the overall graduate profile of the department and institution.

The Exercise Science undergraduate program currently has a strong and stable enrollment – one of the largest undergraduate majors in CAST. However, enrollment at the master's level has not mirrored this success. The proposed accelerated Exercise Science programs allows qualified students to earn an undergraduate degree in Exercise Science and a graduate degree in either Exercise Physiology or Biomechanics in a faster time frame. Exercise Science has two undergraduate sequences (Allied Health Professions or Health and Human Performance). Both the Exercise Physiology and Biomechanics master's degree programs are 33 total credit hours. This accelerated program would provide flexibility to students to complete either undergraduate exercise science sequence, paired with either master's degree program, with similar planning and cost. Undergraduate exercise science majors will complete select graduate-level coursework during their final undergraduate year, enabling a seamless transition into the master's program. This structured pathway maintains academic rigor while reducing time to degree and overall cost for students. This accelerated program would leverage the healthy undergraduate pipeline to increase master's degree enrollment by retaining high-performing students who might otherwise leave the institution for graduate study elsewhere or delay pursuit of a master's degree. Differences in Biomechanics/Exercise Physiology plans of study will be handled through advising.

Program Long Description / Plan Prospectus**Program Type**

Major

Degree Designation

BS - Bachelor of Science

Career (acadCareer) (Empty for majors and certificates)**Academic Program**

Applied Sci & Tech Undergrad

Department(s)

Kinesiology and Recreation

Are revisions being made to a major, or associated sequence(s), minor or certificate that lead to teacher certification/licensure?

No

Split Ownership

No

Department Percent Ownership

Kinesiology and Recreation - 100%

Is this undergraduate or graduate level?

Undergraduate

Total hours required for the major, minor, certificate or sequence(s) that you are requesting revisions to. If making revisions to more than one sequence, indicate total hours required for each sequence.

Accelerated Allied Health 63; Accelerated Health and Human Performance 59

Undergraduate only: Provide justification if the Major (associated Sequences) you are revising require more than 72 hrs or more than 55 hrs in the major/sequence discipline.

-

Academic Planning

Requested starting catalog year for the revisions. Example: 2027-2028

2027-2028

Effective Start Date

May 17, 2027

Status

Active

First Term Valid

-

Last Admit Term (`ssrLastAdmTerm`)

-

Modality of major, minor or certificate. If major requires students to complete a Sequence, this field should be set to "Refer to individual sequences." Indicate changes to sequence(s) modality in Sequences section below.

Refer to individual sequences

Major/Minor/Certificate (Plan) Administration

Upload supporting files (pdfs). Example: if a major/sequence includes courses offered by a different department, an email of concurrence from department chair(s) is required.

Program Length Type (`ssrProgLenType`)

Years

Program Length Value (`ssrProgLength`)

4

Evaluate Plan Before Program

No

Last Prospect Date

-

Transcript Level
Print on Official

Print On Diploma
Yes

Print On Transcript
Yes

Diploma Description
Exercise Science

Transcript Description
MAJ - Exercise Science

CIP Code
31.0505

HEGIS Code
-

SULA Special Program (`sfaSpecProgFlg`)
N - Not Applicable

NSC Classification (`ssrNscCrdLvl`)
B - Bachelor's Degree

Requirement Term Default (`plnReqtrmDflt`)
Program's Requirement Term

Field Of Study
-

Allow Integration Sync To SIS
Yes

Advisement

Show in What-If Advisor
Yes

Show in What-If Pre-matriculated Student
Yes

Show in What-If Student
Yes

Report as NSC Classification Program
Yes

Sequences (Subplans)

ALDHLTHPRF - Allied Health Professions	
Name AlliedHlth	Long Name Allied Health Professions
Type	Status

Sequence	Active
CIP Code	
31.0505	
Catalog Short Description (max of 500 characters with spaces)	Modality - One modality type per sequence is allowed
The Allied Health Professions sequence provides On Campus (50% or more instruction is on students with a well-rounded foundation in areascampus) of exercise science, including functional anatomy, exercise physiology, biomechanics, sports and exercise psychology, and motor behavior. In addition, the Allied Health Professions sequence requires advanced science course work to prepare students for graduate studies in athletic training, physical therapy, physician's assistant, and other allied health programs.	

ATHTRACCEL - Athletic Training Accelerated**Name**

ATHTRACCEL

Long Name

Athletic Training Accelerated

Type

Sequence

Status

Active

CIP Code

31.0505

Catalog Short Description (max of 500 characters with spaces)

The Accelerated Athletic Training program equips you with the knowledge and skills necessary to excel across a broad range of professional environments, including clinics, hospitals, performing arts organizations, industrial settings, and traditional athletic contexts such as high school, collegiate, and professional sports. It serves as a foundational pathway for you to pursue certification as an Athletic Trainer, culminating in eligibility to earn the ATC (Certified Athletic Trainer) credential.

Modality - One modality type per sequence is allowed

On Campus (50% or more instruction is on campus)

HLTHUMPRF - Health and Human Performance**Name**

HltHumPrf

Long Name

Health and Human Performance

Type

Sequence

Status

Active

CIP Code

31.0505

Catalog Short Description (max of 500 characters with spaces)

<p> The Health and Human Performance sequence provides students with a well-rounded foundation in areas of exercise science, including exercise physiology, biomechanics, sport and exercise psychology, and motor behavior. The Health and Human Performance sequence prepares students for careers in the fitness and wellness industry, as well as advanced graduate work in the discipline. </p>

Modality - One modality type per sequence is allowed

On Campus (50% or more instruction is on campus)

ALHLTHACCL - Allied Health Professions Accelerated**Name**

ES AH Accl

Long Name

Allied Health Prof Accelerated

Type

Sequence

Status

Active

CIP Code

31.0505

Catalog Short Description (max of 500 characters with spaces)

This sequence allows students to take up to 12 hours of approved graduate courses that will count for both the undergraduate and graduate program in Exercise Science. Students can then apply to the Biomechanics or Exercise Physiology graduate programs in the spring of their senior year. Enrollment in the Accelerated Sequence does not guarantee final admission into the Biomechanics or Exercise Physiology graduate programs.

Modality - One modality type per sequence is allowed

On Campus (50% or more instruction is on campus)

HLTHPRACCL - Health and Human Performance Accelerated**Name**

ES HHP Acc

Long Name

Health Human Perf Accelerated

Type

Sequence

Status

Active

CIP Code

31.0505

Catalog Short Description (max of 500 characters with spaces)

This sequence allows students to take up to 12 hours of approved graduate courses that will count for both the undergraduate and graduate program in Exercise Science. Students can then apply to the Biomechanics or Exercise Physiology graduate programs in the spring of their senior year. Enrollment in the Accelerated Sequence does not guarantee final admission into the Biomechanics or Exercise Physiology graduate programs. </p>

Modality - One modality type per sequence is allowed

On Campus (50% or more instruction is on campus)

Requirements

Simple Requirements

Sequences (subplans)

-

Allied Health Professions Sequence - 63 Minimum Hours Required

Type

Completion Requirement

Required courses

-

Complete ALL of the following Courses:

- CHE140 - General Chemistry I
- FCS102 - Fundamentals Of Human Nutrition
- HSC105 - Medical Terminology
- PHY108 - College Physics I
- KNR164 - Introduction To Exercise Science
- KNR257 - Motor Learning And Performance
- KNR280 - Exercise Physiology
- KNR282 - Biomechanics Of Human Movement
- KNR303 - Exercise Psychology
- KNR307 - Exercise In Health And Disease
- KNR309 - Principles & Techniques Of Physiological Testing
- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
- KNR313 - Exercise Programming For Neuromuscular Fitness

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC181 - Human Physiology And Anatomy I
- KNR181 - Human Anatomy And Physiology I
- AND KNR183 - Human Anatomy And Physiology Laboratory I

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC182 - Human Physiology And Anatomy II
- KNR182 - Human Anatomy And Physiology II
- AND** KNR184 - Human Anatomy And Physiology Laboratory II

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC196 - Biological Diversity
- BSC197 - Molecular And Cellular Basis Of Life

Complete 9 hours of the following

-

Earn at least 9 credits from the following:

- CHE141 - General Chemistry II
- KNR305 - Biomechanics Of Exercise And Physical Activity
- KNR345 - Advanced Functional Anatomy
- PHY109 - College Physics II
- KNR353 - Basic Electrocardiography & Clinical Exercise Testing

Health and Human Performance Sequence - 59 Minimum Hours Required**Type**

Completion Requirement

Required courses

A student must have a minimum 2.00 cumulative GPA and have completed all major courses with a grade of C or better to participate in the senior internship (KNR 398A11 Professional Practice: Internship in Exercise Science).

Complete ALL of the following Courses:

- KNR164 - Introduction To Exercise Science
- KNR182 - Human Anatomy And Physiology II
- KNR240 - Principles And Applications Of Field-Based Assessment
- KNR254 - Social-Psychological Perspectives In Physical Activity
- KNR257 - Motor Learning And Performance
- KNR280 - Exercise Physiology

- KNR282 - Biomechanics Of Human Movement
- KNR298A10 - Professional Practice :Exercise Science & Fitness
- KNR303 - Exercise Psychology
- KNR307 - Exercise In Health And Disease
- KNR309 - Principles & Techniques Of Physiological Testing
- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
- KNR313 - Exercise Programming For Neuromuscular Fitness
- KNR378A10 - Seminar In Professional Practice - Physical Education
- KNR398A10 - Professional Practice- Physical Education,Sports & Athletics (Inactive)
- PHY105 - Fundamentals Of Physics
OR PHY108 - College Physics I

KNR 398A11 must be taken for 10 credit hours

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC181 - Human Physiology And Anatomy I
- KNR181 - Human Anatomy And Physiology I
AND KNR183 - Human Anatomy And Physiology Laboratory I

Complete 1 of the following

-

Complete at least 1 of the following courses:

- KNR286 - Foundations of Fitness Instruction
- KNR305 - Biomechanics Of Exercise And Physical Activity
- KNR306 - Psychology Of Sport
- KNR310 - Fitness Management
- KNR320 - Developmental Aspects Of Youth Sport
- KNR353 - Basic Electrocardiography & Clinical Exercise Testing

Athletic Training Accelerated Sequence - 63 Minimum Hours Required

Type

Completion Requirement

Required courses

Complete ALL of the following Courses:

- CHE140 - General Chemistry I
- FCS102 - Fundamentals Of Human Nutrition
- HSC105 - Medical Terminology
- PHY108 - College Physics I
- KNR164 - Introduction To Exercise Science
- KNR257 - Motor Learning And Performance
- KNR280 - Exercise Physiology
- KNR282 - Biomechanics Of Human Movement
- KNR303 - Exercise Psychology
- KNR307 - Exercise In Health And Disease
- KNR309 - Principles & Techniques Of Physiological Testing
- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
- KNR313 - Exercise Programming For Neuromuscular Fitness

Complete 1 of the following**Complete at least 1 of the following courses:**

- BSC181 - Human Physiology And Anatomy I
 - KNR181 - Human Anatomy And Physiology I
- AND KNR183 - Human Anatomy And Physiology Laboratory I**

Complete 1 of the following**Complete at least 1 of the following courses:**

- BSC182 - Human Physiology And Anatomy II
 - KNR182 - Human Anatomy And Physiology II
- AND KNR184 - Human Anatomy And Physiology Laboratory II**

Complete 1 of the following**Complete at least 1 of the following courses:**

- BSC196 - Biological Diversity
- BSC197 - Molecular And Cellular Basis Of Life

Complete 9 hours of the following

-

Earn at least 9 credits from the following:

- CHE141 - General Chemistry II
- KNR305 - Biomechanics Of Exercise And Physical Activity
- KNR345 - Advanced Functional Anatomy
- KNR353 - Basic Electrocardiography & Clinical Exercise Testing
- PHY109 - College Physics II

Additional Comments:

- After earning 30 credit hours, students will be asked to submit an internal application, resume, goal statement, 3 letters of recommendation, and complete a formal interview with program faculty. Students must maintain a minimum of 3.20 ISU GPA and receive a "C" or better in all required courses to remain in the accelerated sequence and remain eligible for admission to the graduate program. Students who do not remain in the accelerated athletic training sequence, will be placed in the allied health professions sequence. Students should consult with their undergraduate academic advisor.
- Recommended graduate-level general electives that will count towards the 120 hours required to graduate: KNR 401, 402, 403, 409, 484, 492a01
- Up to 17 credit hours of graduate coursework may count towards both the undergraduate and graduate programs.
- To graduate in the Accelerated Sequence students must complete at least one graduate level course.
- Students in the accelerated sequence must apply to the graduate program in the fall of their junior year and must be in good standing to be admitted.
- Students will apply for graduation in the fall semester of their senior year and, if admitted to the graduate program, will begin graduate courses in the spring semester.

Allied Health Professions Accelerated Sequence - 63 Minimum Hours Required**Type**

Completion Requirement

Required courses

-

Complete ALL of the following Courses:

- CHE140 - General Chemistry I
- FCS102 - Fundamentals Of Human Nutrition
- HSC105 - Medical Terminology
- PHY108 - College Physics I
- KNR164 - Introduction To Exercise Science
- KNR257 - Motor Learning And Performance
- KNR280 - Exercise Physiology
- KNR282 - Biomechanics Of Human Movement
- KNR303 - Exercise Psychology
- KNR307 - Exercise In Health And Disease
- KNR309 - Principles & Techniques Of Physiological Testing
- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
- KNR313 - Exercise Programming For Neuromuscular Fitness

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC181 - Human Physiology And Anatomy I
 - KNR181 - Human Anatomy And Physiology I
- AND** KNR183 - Human Anatomy And Physiology Laboratory I

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC182 - Human Physiology And Anatomy II
 - KNR182 - Human Anatomy And Physiology II
- AND** KNR184 - Human Anatomy And Physiology Laboratory II

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC196 - Biological Diversity
- BSC197 - Molecular And Cellular Basis Of Life

-

Earn at least 9 credits from the following:

- CHE141 - General Chemistry II
- KNR305 - Biomechanics Of Exercise And Physical Activity
- KNR345 - Advanced Functional Anatomy
- KNR353 - Basic Electrocardiography & Clinical Exercise Testing
- PHY109 - College Physics II
- KNR497 - Introduction To Research Methodology
- KNR445 - Statistics in Applied Science and Technology

Additional Comments:

- Students will complete an internal transfer application for consideration into the accelerated sequence.
- Students must maintain a minimum of 3.20 ISU GPA and receive a "C" or better in required courses to remain in the accelerated sequence and remain eligible for admission to the graduate program. Students who do not remain in the accelerated allied health sequence, will be placed in the allied health professions sequence. Students should consult with their undergraduate academic advisor.
- Recommended graduate-level general electives that will count towards the 120 hours required to graduate: KNR 412, 443, 445, 457, 460, 461, 481, 482, 497
- Up to 12 credit hours of graduate coursework may count towards both the undergraduate and graduate programs.
- To graduate in the accelerated sequence students must complete at least one graduate level course.
- Students in the accelerated sequence must apply to the graduate program in the fall of their junior year and must be in good standing to be admitted.
- Students will apply for graduation in the spring semester of their senior year and, if admitted to the graduate program, will begin graduate courses in the fall semester.

Health and Human Performance Accelerated Sequence - 59 Minimum Hours Required**Type**

Completion Requirement

Required courses

-

Complete ALL of the following Courses:

- KNR164 - Introduction To Exercise Science
- KNR182 - Human Anatomy And Physiology II
- KNR240 - Principles And Applications Of Field-Based Assessment
- KNR254 - Social-Psychological Perspectives In Physical Activity
- KNR257 - Motor Learning And Performance
- KNR280 - Exercise Physiology
- KNR282 - Biomechanics Of Human Movement
- KNR298A10 - Professional Practice :Exercise Science & Fitness
- KNR303 - Exercise Psychology
- KNR307 - Exercise In Health And Disease
- KNR309 - Principles & Techniques Of Physiological Testing
- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
- KNR313 - Exercise Programming For Neuromuscular Fitness
- KNR378A10 - Seminar In Professional Practice - Physical Education
- KNR398A11 - Professional Practice: Internship Exercise Science
- PHY105 - Fundamentals Of Physics
OR PHY108 - College Physics I

KNR398A11 must be taken for 10 credit hours

Complete 1 of the following

-

Complete at least 1 of the following courses:

- BSC181 - Human Physiology And Anatomy I
- KNR181 - Human Anatomy And Physiology I
AND KNR183 - Human Anatomy And Physiology Laboratory I

Complete 1 of the following

-

Complete at least 1 of the following courses:

- KNR286 - Foundations of Fitness Instruction
- KNR305 - Biomechanics Of Exercise And Physical Activity
- KNR306 - Psychology Of Sport
- KNR310 - Fitness Management
- KNR320 - Developmental Aspects Of Youth Sport
- KNR353 - Basic Electrocardiography & Clinical Exercise Testing
- KNR497 - Introduction To Research Methodology
- KNR445 - Statistics in Applied Science and Technology

Additional Comments:

- Students will complete an internal transfer application for consideration into the accelerated sequence.
- Students must maintain a minimum of 3.20 ISU GPA and receive a "C" or better in all required courses to remain in the accelerated sequence and remain eligible for admission to the graduate program. Students who do not remain in the accelerated health and human performance sequence, will be placed in the health and human performance sequence. Students should consult with their undergraduate academic advisor.
- Recommended graduate-level general electives that will count towards the 120 hours required to graduate: KNR 412, 443, 445, 457, 460, 461, 481, 482, 497
- Up to 12 credit hours of graduate coursework may count towards both the undergraduate and graduate programs.
- To graduate in the accelerated sequence students must complete at least one graduate level course.
- Students in the accelerated sequence must apply to the graduate program in the fall of their junior year and must be in good standing to be admitted.
- Students will apply for graduation in the spring semester of their senior year and, if admitted to the graduate program, will begin graduate courses in the fall semester.

General Education

There are three ways to complete general education requirements for Illinois State University. These three options have different requirements and affect only certain types of students. Refer to the [General Education page](#) of this catalog for information. Students should consult with their academic advisor if they have questions.

Below are the requirements for the Illinois State University General Education Program that beginning first time in college students must complete.

General Education Program

Type

Completion Requirement

General Education Program Requirements

Complete ALL of the following Requirement Set:

- General Education Program (2014-2015 to 2027-2028 Catalogs)

University**Credit Hour Requirements for all Undergraduate Students**

- A minimum of 120 total credit hours, including 40 senior college credit hours (courses numbered 200 or above).
- If all specified major/sequence and University requirements are completed with fewer than 120 credit hours, a student must complete additional coursework to meet the minimum 120 required credit hours.

Bachelor of Science Graduation Requirement in Science, Mathematics and Technology (BS-SMT)**Type**

Completion Requirement

Bachelor of Science Graduation Requirement in Science, Mathematics and Technology (BS-SMT) Graduation Requirement

-

Complete at least 1 of the following requirement set:

- Bachelor of Science Graduation Requirement in Science, Mathematics and Technology (BS-SMT) Graduation Requirement

AMALI: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or Indigenous Peoples of the World**Type**

Completion Requirement

AMALI: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or Indigenous Peoples of the World Graduation Requirement

-

Complete at least 1 of the following requirement set:

- AMALI

IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society

Type

Completion Requirement

IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement

-

Complete at least 1 of the following requirement set:

- IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement

Sample Plans of Study (Degree Maps)

Degree Map Name

Allied Health Professions Sequence

Total Degree Map Credits

120 - 126

Degree Map Narrative

The requirements below pertain to this Undergraduate Catalog year and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

A minimum of 120 total credit hours are required, including 40 senior level hours (200-300 level courses).

- In addition to completing major requirements students must complete:
- General Education requirements (refer to General Education for alternative options for transfer students)
- One course for the AMALI graduation requirement
- One course for the IDEAS graduation
- Specific degree type requirements (Bachelor of Arts or Bachelor of Science)

- Some courses may satisfy a major requirement and one of the requirements noted above.

Year	Semester	Actual Credits
Year 1	Fall	15

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- PHY108 - College Physics I

Actual Credits 5

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 1

Year	Semester	Actual Credits
Year 1	Spring	15

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- Major elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Year

Year 2

Semester

Fall

Actual Credits

16 - 17

Requirement Select

- KNR164 - Introduction To Exercise Science
- **AND** KNR183 - Human Anatomy And Physiology Laboratory I
- **AND** HSC105 - Medical Terminology

Actual Credits 7

Requirement Select

- KNR181 - Human Anatomy And Physiology I
- OR**
- BSC181 - Human Physiology And Anatomy I

Actual Credits 3 - 4

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 2	Spring	16 - 18

Requirement Select

- KNR257 - Motor Learning And Performance
- **AND** KNR184 - Human Anatomy And Physiology Laboratory II
- **AND** FCS102 - Fundamentals Of Human Nutrition

Actual Credits 7

Requirement Select

- KNR182 - Human Anatomy And Physiology II
- OR**
- BSC182 - Human Physiology And Anatomy II

Actual Credits 3 - 4

Requirement Select

- AMALI: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or Indigenous Peoples of the World Graduation Requirement
- OR**
- University wide elective
(Generic)

Actual Credits 3 - 4

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Actual Credits		
Year Year 3	Semester Fall	Actual Credits 16 - 17
Requirement Select • KNR280 - Exercise Physiology • AND KNR282 - Biomechanics Of Human Movement • AND CHE140 - General Chemistry I Actual Credits 10		
Requirement Select • IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement OR • University wide elective (Generic) Actual Credits 3		
Requirement Select • Bachelor of Science Graduation Requirement in Science, Mathematics and Technology (BS-SMT) Graduation Requirement OR • University wide elective (Generic) Actual Credits 3 - 4		
Year Year 3	Semester Spring	Actual Credits 15
Requirement Select • KNR303 - Exercise Psychology • AND KNR307 - Exercise In Health And Disease • AND KNR309 - Principles & Techniques Of Physiological Testing Actual Credits 9		
Requirement Select • Major elective		

(Generic)		
Actual Credits		3

Requirement Select		
Major elective		
(Generic)		
Actual Credits		3

Year	Semester	Actual Credits
Year 4	Fall	13

Requirement Select		
- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness AND KNR313 - Exercise Programming For Neuromuscular Fitness		
Actual Credits		6

Requirement Select		
BSC196 - Biological Diversity		
OR		
BSC197 - Molecular And Cellular Basis Of Life		
Actual Credits		4

Requirement Select		
University wide elective		
(Generic)		
Actual Credits		3

Year	Semester	Actual Credits
Year 4	Spring	14 - 16

Requirement Select		
University wide elective		
(Generic)		
Actual Credits		3

Requirement Select		
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Requirement Select

- University wide elective
(Generic)

Actual Credits 3**Requirement Select**

- University wide elective
(Generic)

Actual Credits 3 - 4**Requirement Select**

- University wide elective
(Generic)

Actual Credits 3**Requirement Select**

- University wide elective
(Generic)

Actual Credits 2 - 3

Degree Map Name

Health and Human Performance Sequence

Total Degree Map Credits

116 - 125

Degree Map Narrative

The requirements below pertain to this Undergraduate Catalog year and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

A minimum of 120 total credit hours are required, including 40 senior level hours (200-300 level courses).

- In addition to completing major requirements students must complete:
- General Education requirements (refer to General Education for alternative options for transfer students)
- One course for the AMALI graduation requirement
- One course for the IDEAS graduation
- Specific degree type requirements (Bachelor of Arts or Bachelor of Science)
- Some courses may satisfy a major requirement and one of the requirements noted above.

Year
Year 1

Semester
Fall

Actual Credits
15 - 16

Requirement Select

- General Education course
(Generic)

Actual Credits

3

Requirement Select

- PHY105 - Fundamentals Of Physics
- OR
- PHY108 - College Physics I

Actual Credits

4 - 5

Requirement Select

General Education course (Generic)		
Actual Credits		3
Requirement Select		
General Education course (Generic)		
Actual Credits		3
Requirement Select		
University wide elective (Generic)		
Actual Credits		2
Year Year 1	Semester Spring	Actual Credits 15
Requirement Select		
General Education course (Generic)		
Actual Credits		3
Requirement Select		
General Education course (Generic)		
Actual Credits		3
Requirement Select		
General Education course (Generic)		
Actual Credits		3
Requirement Select		
General Education course (Generic)		
Actual Credits		3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 2	Fall	16

Requirement Select

- KNR164 - Introduction To Exercise Science
- **AND** KNR181 - Human Anatomy And Physiology I
- **AND** KNR183 - Human Anatomy And Physiology Laboratory I
- **AND** KNR254 - Social-Psychological Perspectives In Physical Activity

Actual Credits 10

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 2	Spring	16

Requirement Select

- KNR257 - Motor Learning And Performance
- **AND** KNR182 - Human Anatomy And Physiology II

Actual Credits 6

Requirement Select

- AMAL: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or

Indigenous Peoples of the World Graduation Requirement OR University wide elective (Generic) Actual Credits 3		
Requirement Select General Education course (Generic) Actual Credits 3		
Requirement Select General Education course (Generic) Actual Credits 3		
Requirement Select University wide elective (Generic) Actual Credits 1		
Year Year 3	Semester Fall	Actual Credits 16
Requirement Select - KNR240 - Principles And Applications Of Field-Based Assessment AND KNR280 - Exercise Physiology AND KNR282 - Biomechanics Of Human Movement Actual Credits 7		
Requirement Select University wide elective (Generic) Actual Credits 3		
Requirement Select		

- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement
OR
- University wide elective
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 3	Spring	15

Requirement Select

- KNR298A10 - Professional Practice :Exercise Science & Fitness
- **AND** KNR303 - Exercise Psychology
- **AND** KNR307 - Exercise In Health And Disease
- **AND** KNR309 - Principles & Techniques Of Physiological Testing

Actual Credits 11

Requirement Select

- Major elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 1

Year	Semester	Actual Credits
Year 4	Fall	17

Requirement Select

- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness

- **AND KNR313** - Exercise Programming For Neuromuscular Fitness
- **AND KNR378A10** - Seminar In Professional Practice - Physical Education

Actual Credits 8

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Year

Year 4

Semester

Spring

Actual Credits

6 - 14

Requirement Select

- KNR398A11 - Professional Practice: Internship Exercise Science

Actual Credits 6 - 14

Degree Map Name

Athletic Training Accelerated Sequence

Total Degree Map Credits

120 - 122

Degree Map Narrative

The requirements below pertain to this Undergraduate Catalog year and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

A minimum of 120 total credit hours are required, including 40 senior level hours (200-300 level courses).

In addition to completing major requirements students must complete:

- General Education requirements (refer to General Education for alternative options for transfer students)
- One course for the AMALI graduation requirement
- One course for the IDEAS graduation
- Specific degree type requirements (Bachelor of Arts or Bachelor of Science)
- Some courses may satisfy a major requirement and one of the requirements noted above.

Notes:

- Recommended graduate-level general electives that will count towards the 120 hours required to graduate: KNR 401, 402, 403, 409, 484, 492a01
- Up to 17 credit hours of graduate coursework may count towards both the undergraduate and graduate programs.
- To graduate in the Accelerated Sequence students must complete at least one graduate level course.
- Students in the accelerated sequence must apply to the graduate program in the fall of their junior year and must be in good standing to be admitted. Students will apply for graduation in the fall semester of their senior year and, if admitted to the graduate program, will begin graduate courses in the spring semester.

Year	Semester	Actual Credits
Year 1	Fall	15

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- PSY110 - Fundamentals Of Psychology
- **AND** MAT120 - Finite Mathematics
- **AND** PHY108 - College Physics I

Actual Credits 12

Requirement Select

-

Actual Credits -

Year	Semester	Actual Credits
Year 1	Spring	15

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- CHE140 - General Chemistry I
- **AND** KNR181 - Human Anatomy And Physiology I
- **AND** KNR183 - Human Anatomy And Physiology Laboratory I

Actual Credits 8

Requirement Select

- BSC196 - Biological Diversity
- OR**
- BSC197 - Molecular And Cellular Basis Of Life

Actual Credits 4

Year	Semester	Actual Credits
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Year 1	Summer	3
Requirement Select General Education course (Generic) Actual Credits 3		
Year 2	Fall	16
Requirement Select - KNR182 - Human Anatomy And Physiology II AND KNR184 - Human Anatomy And Physiology Laboratory II AND KNR164 - Introduction To Exercise Science Actual Credits 7		
Requirement Select General Education course (Generic) Actual Credits 3		
Requirement Select General Education course (Generic) Actual Credits 3		
Requirement Select - AMALI: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or Indigenous Peoples of the World Graduation Requirement OR - General Education course (Generic) Actual Credits 3		
Year 2	Spring	15 - 16

Requirement Select

- KNR280 - Exercise Physiology
- **AND** FCS102 - Fundamentals Of Human Nutrition
- **AND** HSC105 - Medical Terminology

Actual Credits 9

Requirement Select

- Bachelor of Science Graduation Requirement in Science, Mathematics and Technology (BS-SMT) Graduation Requirement

OR

- KNR282 - Biomechanics Of Human Movement

Actual Credits 3 - 4

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 2	Summer	3

Requirement Select

- KNR257 - Motor Learning And Performance

Actual Credits 3

Year	Semester	Actual Credits
Year 3	Fall	16

Requirement Select

- KNR303 - Exercise Psychology
- **AND** KNR307 - Exercise In Health And Disease
- **AND** KNR309 - Principles & Techniques Of Physiological Testing

Actual Credits 9

Requirement Select

- Major elective
(Generic)
- Actual Credits** 3

Requirement Select

- General Education course
(Generic)
- OR**
- IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement
- Actual Credits** 3

Requirement Select

- University wide elective
(Generic)
- Actual Credits** 1

Year	Semester	Actual Credits
Year 3	Spring	16

Requirement Select

- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
 - **AND** KNR313 - Exercise Programming For Neuromuscular Fitness
 - **AND** KNR305 - Biomechanics Of Exercise And Physical Activity
 - **AND** KNR353 - Basic Electrocardiography & Clinical Exercise Testing
- Actual Credits** 12

Requirement Select

- University wide senior college-level elective
(Generic)
- Actual Credits** 3

Requirement Select

- University wide elective
(Generic)
- Actual Credits** 1

Year	Semester	Actual Credits
Year 3	Summer	5 - 6
Requirement Select • KNR401 - Emergency Management in Athletic Training OR • University wide elective (Generic) Actual Credits		
Requirement Select • KNR402 - Foundations of Athletic Training OR • University wide elective (Generic) Actual Credits		
Year 4	Fall	16
Requirement Select • KNR403 - Therapeutic Interventions I OR • University wide elective (Generic) Actual Credits		
Requirement Select • KNR409 - Athletic Injury Assessment I OR • University wide elective (Generic) Actual Credits		
Requirement Select • KNR484 - Evidence-Based Sports Medicine OR		

- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- KNR492A01 - Practicum in Athletic Training I
- OR**
- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 1

Degree Map Name

Allied Health Professions Accelerated Sequence

Total Degree Map Credits

120 - 126

Degree Map Narrative

The requirements below pertain to this Undergraduate Catalog year and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

A minimum of 120 total credit hours are required, including 40 senior level hours (200-300 level courses).

- In addition to completing major requirements students must complete:
- General Education requirements (refer to General Education for alternative options for transfer students)
- One course for the AMALI graduation requirement
- One course for the IDEAS graduation
- Specific degree type requirements (Bachelor of Arts or Bachelor of Science)
- Some courses may satisfy a major requirement and one of the requirements noted above.
- Up to 12 credit hours of graduate coursework may count towards both the undergraduate and graduate programs.
- To graduate in the accelerated sequence students must complete at least one graduate level course.

Year	Semester	Actual Credits
Year 1	Fall	15
Requirement Select • General Education course (Generic)		
Actual Credits		3
Requirement Select • PHY108 - College Physics I		
Actual Credits		5

Requirement Select

- General Education course
(Generic)

Actual Credits 3**Requirement Select**

- General Education course
(Generic)

Actual Credits 3**Requirement Select**

- University wide elective
(Generic)

Actual Credits 1

Year	Semester	Actual Credits
Year 1	Spring	15

Requirement Select

- General Education course
(Generic)

Actual Credits 3**Requirement Select**

- General Education course
(Generic)

Actual Credits 3**Requirement Select**

- General Education course
(Generic)

Actual Credits 3**Requirement Select**

- Major elective
(Generic)
- Actual Credits** 3

Requirement Select

- University wide elective
(Generic)
- Actual Credits** 3

Year	Semester	Actual Credits
Year 2	Fall	16 - 17

Requirement Select

- KNR164 - Introduction To Exercise Science
 - **AND** KNR183 - Human Anatomy And Physiology Laboratory I
 - **AND** HSC105 - Medical Terminology
- Actual Credits** 7

Requirement Select

- KNR181 - Human Anatomy And Physiology I
- OR**
- BSC181 - Human Physiology And Anatomy I
- Actual Credits** 3 - 4

Requirement Select

- General Education course
(Generic)
- Actual Credits** 3

Requirement Select

- General Education course
(Generic)
- Actual Credits** 3

Year	Semester	Actual Credits
Year 2	Spring	16 - 18

Requirement Select

- KNR257 - Motor Learning And Performance
- **AND** KNR184 - Human Anatomy And Physiology Laboratory II
- **AND** FCS102 - Fundamentals Of Human Nutrition

Actual Credits 7

Requirement Select

- KNR182 - Human Anatomy And Physiology II
- OR**
- BSC182 - Human Physiology And Anatomy II

Actual Credits 3 - 4

Requirement Select

- AMALI: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or Indigenous Peoples of the World Graduation Requirement

OR

- University wide elective
(Generic)

Actual Credits 3 - 4

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Year

Year 3

Semester

Fall

Actual Credits

16 - 17

Requirement Select

- KNR280 - Exercise Physiology
- **AND** KNR282 - Biomechanics Of Human Movement
- **AND** CHE140 - General Chemistry I

Actual Credits 10

Requirement Select

- IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement
OR
- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- Bachelor of Science Graduation Requirement in Science, Mathematics and Technology
(BS-SMT) Graduation Requirement
OR
- University wide elective
(Generic)

Actual Credits 3 - 4

Year	Semester	Actual Credits
Year 3	Spring	15

Requirement Select

- KNR303 - Exercise Psychology
- **AND** KNR307 - Exercise In Health And Disease
- **AND** KNR309 - Principles & Techniques Of Physiological Testing

Actual Credits 9

Requirement Select

- Major elective
(Generic)

Actual Credits 3

Requirement Select

- Major elective
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 4	Fall	13

Requirement Select

- KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness
- **AND** KNR313 - Exercise Programming For Neuromuscular Fitness

Actual Credits 6

Requirement Select

- BSC196 - Biological Diversity
- OR**
- BSC197 - Molecular And Cellular Basis Of Life

Actual Credits 4

Requirement Select

- KNR481 - Work Metabolism

Actual Credits 3

Year	Semester	Actual Credits
Year 4	Spring	14 - 16

Requirement Select

- KNR445 - Statistics in Applied Science and Technology

Actual Credits 3

Requirement Select

- KNR457 - Lifecourse Exercise Physiology

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3 - 4

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits

2 - 3

Degree Map Name

Health and Human Performance Accelerated Sequence

Total Degree Map Credits

119 - 128

Degree Map Narrative

The requirements below pertain to this Undergraduate Catalog year and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

A minimum of 120 total credit hours are required, including 40 senior level hours (200-300 level courses).

- In addition to completing major requirements students must complete:
- General Education requirements (refer to General Education for alternative options for transfer students)
- One course for the AMALI graduation requirement
- One course for the IDEAS graduation
- Specific degree type requirements (Bachelor of Arts or Bachelor of Science)
- Some courses may satisfy a major requirement and one of the requirements noted above.
- Up to 12 credit hours of graduate coursework may count towards both the undergraduate and graduate programs.
- To graduate in the accelerated sequence students must complete at least one graduate level course.

Year	Semester	Actual Credits
Year 1	Fall	15 - 16

Requirement Select		
• General Education course (Generic)		
Actual Credits		3

Requirement Select		
• PHY105 - Fundamentals Of Physics		
OR		

- PHY108 - College Physics I

Actual Credits

4 - 5

Requirement Select

- General Education course
(Generic)

Actual Credits

3

Requirement Select

- General Education course
(Generic)

Actual Credits

3

Requirement Select

- University wide elective
(Generic)

Actual Credits

2

Year

Year 1

Semester

Spring

Actual Credits

15

Requirement Select

- General Education course
(Generic)

Actual Credits

3

Requirement Select

- General Education course
(Generic)

Actual Credits

3

Requirement Select

- General Education course
(Generic)

Actual Credits

3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- University wide elective
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 2	Fall	16

Requirement Select

- KNR164 - Introduction To Exercise Science
- **AND** KNR181 - Human Anatomy And Physiology I
- **AND** KNR183 - Human Anatomy And Physiology Laboratory I
- **AND** KNR254 - Social-Psychological Perspectives In Physical Activity

Actual Credits 10

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Requirement Select

- General Education course
(Generic)

Actual Credits 3

Year	Semester	Actual Credits
Year 2	Spring	16

Requirement Select

- KNR257 - Motor Learning And Performance
- **AND** KNR182 - Human Anatomy And Physiology II

Actual Credits		6
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Requirement Select		
AMALI: Cultures and traditions of Asia, the Middle East, Africa, Latin America, or Indigenous Peoples of the World Graduation Requirement		
OR		
University wide elective (Generic)		
Actual Credits		3

Requirement Select		
General Education course (Generic)		
Actual Credits		3

Requirement Select		
General Education course (Generic)		
Actual Credits		3

Requirement Select		
University wide elective (Generic)		
Actual Credits		1

Year	Semester	Actual Credits
Year 3	Fall	16

Requirement Select		
- KNR240 - Principles And Applications Of Field-Based Assessment - AND KNR280 - Exercise Physiology - AND KNR282 - Biomechanics Of Human Movement		
Actual Credits		7

Requirement Select		
University wide elective		

(Generic)		
Actual Credits		3

Requirement Select		
University wide elective		
(Generic)		
Actual Credits		3

Requirement Select		
IDEAS: Inclusion, Diversity, Equity, and Access in U.S. Society Graduation Requirement		
OR		
University wide elective		
(Generic)		
Actual Credits		3

Year	Semester	Actual Credits
Year 3	Spring	15

Requirement Select		
KNR298A10 - Professional Practice :Exercise Science & Fitness		
AND KNR303 - Exercise Psychology		
AND KNR307 - Exercise In Health And Disease		
AND KNR309 - Principles & Techniques Of Physiological Testing		
Actual Credits		11

Requirement Select		
Major elective		
(Generic)		
Actual Credits		3

Requirement Select		
University wide elective		
(Generic)		
Actual Credits		1

Year	Semester	Actual Credits
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Year 4	Fall	17
Requirement Select • KNR311 - Exercise Programming For Cardiovascular & Metabolic Fitness • AND KNR313 - Exercise Programming For Neuromuscular Fitness • AND KNR378A10 - Seminar In Professional Practice - Physical Education Actual Credits 8		
Requirement Select • University wide elective (Generic) Actual Credits 3		
Requirement Select • University wide elective (Generic) Actual Credits 3		
Requirement Select • KNR481 - Work Metabolism Actual Credits 3		
Year Year 4	Semester Spring	Actual Credits 9 - 17
Requirement Select • KNR398A11 - Professional Practice: Internship Exercise Science Actual Credits 6 - 14		
Requirement Select • KNR457 - Lifecourse Exercise Physiology Actual Credits 3		

Dependencies

Coursedog Only Catalog Fields

Catalog Display Name

Exercise Science - Bachelor of Science

Catalog Short Description (Major, Minor, Certificate level)

Exercise Science is the study of movement and the associated functional responses and adaptations the body makes as a result of movement/exercise.

Catalog Full Description

-

Read Only Catalog Fields

Program Level

Undergraduate

Learning Outcomes

Learning Outcomes

Learning outcomes are not integrated with Peoplesoft and exist as a "Coursedog Only" element.

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Instructional Methods (this card is hidden and should NOT be displayed)