



BACHELOR OF SCIENCES IN EXERCISE SCIENCE

AT EASTERN ILLINOIS UNIVERSITY

NAME	
E NUMBER	
CATALOG	

2024-2025

GENERAL REQUIREMENTS: 40 HRS

LANGUAGE: 9 HRS

Grade of "C" or better is required.

COURSE	HOURS	GRADE	SEMESTER
ENG 1001G Composition & Language	3		
ENG 1002G Composition & Language II	3		
CMN 1310G Intro. to Speech Comm.	3		

HUMANITIES/FINE ARTS: 9 HRS

COURSE	HOURS	GRADE	SEMESTER
Humanities _____	3		
Fine Arts _____	3		
Humanities or Fine Arts _____	3		

SOCIAL/BEHAVIORAL SCIENCE: 9 HRS

Must be from two different disciplines. One course must meet Cultural & Diversity requirement

COURSE	HOURS	GRADE	SEMESTER
_____	3		
_____	3		
_____	3		

EXERCISE SCIENCES CORE REQ.: 54-57 HRS

COURSE	HOURS	GRADE	SEMESTER
BIO 2210* Anatomy & Physiology I	4		
BIO 2220 Anatomy & Physiology II	4		
NTR 2100 Personal Nutrition	3		
NTR 3757 Nutrition for Physical Perform.	3		
KSR 1500* KS&R as a Profession	1		
KSR 1600 Intro to Resistance Training	2		
KSR 1692 Intro to Group Fitness	1		
KSR 2440* Structural Kinesiology	3		
KSR 2850 Fitness for Life	3		
KSR 3104 Functional Resistance Training & Group Fitness Leadership	3		
KSR 3340 Principles of Exercise Phys.	3		
KSR 3720 Exercise Psychology	3		
KSR 3800 Biomechanics of Human Mvmt	3		
KSR 3860 Organization & Administration in Exercise Science	3		
KSR 4274 Pre-Internship & Career Development in KS&R	1		
KSR 4275 Internship	6-9		
KSR 4440 Physical Fitness Appraisal & Performance Assessment	3		
KSR 4450 Exercise Prescription for General & Special Populations	4		
KSR 4460 Principles of Resist. Training	3		
KSR 4900 Special Topics in KS&R	1		
KSR 4900 Special Topics in KS&R	1		
KSR 4900 Special Topics in KS&R	1		

SCIENCE AWARENESS: 7 HRS

One biological and one physical science course, one of which must involve a lab.

COURSE	HOURS	GRADE	SEMESTER
BIO _____ Lab? <input type="checkbox"/>			
Phy. Sci. _____ Lab? <input type="checkbox"/>			

MATHEMATICS: 3 HRS

COURSE	HOURS	GRADE	SEMESTER
MAT _____	3		

SENIOR SEMINAR: 3 HRS

Senior topic must be outside the major area. See Undergraduate Catalog for Senior Seminars outside of Human Services.

COURSE	HOURS	GRADE	SEMESTER
EIU _____	3		

FOREIGN LANGUAGE: 0-8 HRS

Exempt if 2 yrs in high school with "C" average.

COURSE	HOURS	GRADE	SEMESTER
WL _____ G	4		
WL _____ G	4		

GENERAL ELECTIVES:

Select elective courses in any field to complete the graduation requirement of 120 semester hours.

COURSE	HOURS	GRADE	SEMESTER

Consult Catalog for pre-requisites

*grade of C or better required from admssion to the Exercise Science Major

GRADUATION REQUIREMENTS:

<input type="checkbox"/> 120 Hours
<input type="checkbox"/> 40 SH of upper division courses (3000+)
<input type="checkbox"/> 30 SH in residence at EIU
<input type="checkbox"/> 30 SH junior-senior residency
<input type="checkbox"/> 12 SH senior residency
<input type="checkbox"/> 56 SH at senior institution

<input type="checkbox"/> 2.00 Cumulative GPA
<input type="checkbox"/> 2.00 Major GPA
<input type="checkbox"/> Cultural Diversity
<input type="checkbox"/> Application for Graduation (First semester junior year)
<input type="checkbox"/> Electronic Writing Portfolio 1 <input type="checkbox"/> 2 <input type="checkbox"/>
See www.eiu.edu/~assess/ for requirements

BACHELOR OF SCIENCES IN EXERCISE SCIENCE

SUGGESTED 4-YEAR SEQUENCE

YEAR 1 MUST EARN 30+ SH FOR SOPHOMORE STATUS			
FALL		SPRING	
ENG 1001G	3	KSR 1500	1
CMN 1310G	3	KSR 2440	3
Physical Science	4	ENG 1002G	3
Social/Behavioral Science	3	Math	3
Humanities/Fine Arts	3	Humanities	3
Total	16	Total	13
YEAR 2 MUST EARN 60+ SH FOR JUNIOR STATUS			
FALL		SPRING	
BIO 2210	4	KSR 1692	1
KSR 1600	2	KSR 3720	3
KSR 2850	3	KSR 3800	3
NTR 2100	3	BIO 2220	4
Fine Arts	3	Social/Behavioral Science	3
Social/Behavioral Science	3	Free Elective	3
Total	18	Total	17
YEAR 3 MUST EARN 90+ SH FOR SENIOR STATUS			
FALL		SPRING	
KSR 3340	3	KSR 4440	3
KSR 3104	3	KSR 3860	3
Biological Sciences	3	KSR 4900	1
Foreign Language/Elective	3-4	KSR 4900	1
Free Elective	3	NTR 3757	3
		Foreign Language/Elective	3-4
		Free Elective	3
Total	15-16	Total	17-18
YEAR 4 MUST EARN 120 SH TO GRADUATE			
FALL		SPRING	
KSR 4450	4	KSR 4275 Internship	6
KSR 4460	3		
KSR 4900	1		
KSR 4274	1		
Senior Seminar	3		
Free Elective	3		
Free Elective	3		
Total	18	Total	6

NOTES, QUESTIONS, MINOR REQUIREMENTS:

1. For a listing of General Education courses, see catalog.
2. A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
3. All Exercise Science students are not accepted into major and cannot take any upper division KSR courses until they have taken BIO 2210, KSR 1500 and KSR 2440 and received a grade of "C" or better in each course.
4. Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 - Internship.
5. Exercise Science major students may receive a grade in 3000 and 4000-level Kinesiology and Sports Studies courses a maximum of two times. After a grade has been recorded in a 3000 or 4000-level KSR course at EIU, the Department of Kinesiology, Sport, and Recreation will not accept subsequent transfer of an equivalent course from another institution unless the KSR department has given prior written approval to enroll in the specific course at the specific institution. If after a second grade has been recorded for a given course and the student has not received a grade of C or better, the student will not be allowed to continue as an Exercise Science major and shall consult with his or her advisor to select a different major.