

BACHELOR OF SCIENCE IN EXERCISE SCIENCE



PREPARING YOU FOR A LIFE OF SUCCESS.

The Kinesiology, Sport, and Recreation undergraduate program in Exercise Science provides students with the scientific knowledge of the underlying principles of physical activity and exercise through instruction and practical experience.

Upon graduation, students are prepared for employment in the growing fields of fitness, strength and conditioning, and wellness. Additionally, students are prepared to pursue further graduate-level education in the areas of physical and occupational rehabilitation, medicine, chiropractic, and other allied health fields.

This well-rounded degree can prepare you for jobs such as:

- *Exercise specialist in cardiac rehabilitation*
- *Strength and conditioning coach*
- *Health and wellness coach*
- *Corporate wellness coordinator*
- *Exercise specialist in special populations – cancer*
- *Personal trainer*
- *Physical activity in public health specialist*
- *Group fitness instructor*
- *And many more...*

INTERNSHIP OF YOUR CHOICE

Upon successful completion of all required coursework, students will earn credit by fulfilling requirements for an internship in a fitness or clinical setting of their choice.

ACADEMIC FOUNDATION BASED ON NATIONAL GUIDELINES

Students receive an academic foundation in the areas of exercise physiology, fitness assessment, biomechanics, functional movement, exercise prescription, and exercise psychology. The program is based upon the guidelines and standards developed by the National Strength and Conditioning Association (NSCA) and American College of Sports Medicine (ACSM).

ADDITIONAL OPPORTUNITIES

- Exercise Science Club
- A variety of volunteer opportunities are made available to students each semester. Additional information may be found at the Civic Engagement and Volunteerism website www.eiu.edu/volunteer.
- Undergraduate Research

DEPARTMENT OF KINESIOLOGY, SPORT, & RECREATION

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eiu.edu/exercise

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

SUGGESTED 4-YEAR SEQUENCES

This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.

BS IN EXERCISE SCIENCE

| FALL | YEAR 1 | | SPRING |
|----------------------------------|--------|--|--------|
| ENG 1001G | 3 | KSR 1500 | 2 |
| CMN 1310G | 3 | KSR 2440 | 3 |
| Gen Ed Physical Science | 3-4 | KSR 1310 | 1 |
| Gen Ed Social/Behavioral Science | 3 | ENG 1002G | 3 |
| Gen Ed Humanities/Fine Arts | 3 | Gen Ed Mathematics | 3 |
| | | Gen Ed Humanities | 3 |
| Total | 15-16 | Total | 15 |
| FALL | YEAR 2 | | SPRING |
| BIO 2210 | 4 | KSR 1600 | 2 |
| KSR 2850 | 3 | KSR 1692 | 1 |
| NTR 2100 | 3 | KSR 3720 | 2 |
| Gen Ed Fine Arts | 3 | KSR 3800 | 3 |
| Gen Ed Social/Behavioral Science | 3 | BIO 2220 | 4 |
| | | General Ed Social/Behavioral Science Focus Area Course | 3 |
| Total | 16 | Total | 18 |
| FALL | YEAR 3 | | SPRING |
| KSR 4340 | 3 | KSR 4440 | 3 |
| KSR 3104 | 2 | KSR 3860 | 3 |
| Gen Ed Biological Sciences | 3-4 | KSR 4900 | 1 |
| Foreign Language or Elective | 3-4 | KSR 4900 | 1 |
| Elective | 3 | NTR 3757 | 3 |
| Elective | 2 | Foreign Language or Elective | 3-4 |
| | | Elective | 3 |
| Total | 16-18 | Total | 17-18 |
| FALL | YEAR 4 | | SPRING |
| KSR 4450 | 3 | KSR 4275 Internship | 6-9 |
| KSR 4460 | 3 | | |
| KSR 4900 | 1 | | |
| KSR 4274 | 1 | | |
| Senior Seminar | 3 | | |
| Elective | 3 | | |
| Elective | 3 | | |
| Total | 17 | Total | 6-9 |

TOTAL MAJOR COURSEWORK:120-124 HRS

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- 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.
- Exercise Science major students must show proof of Adult CPR/AED/First Aid certification prior to enrollment in KSR 4275 - Internship.
- 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.

BS IN EXERCISE SCIENCE PRE-OT OPTION

| FALL | YEAR 1 | | SPRING |
|------------------------------|--------|----------------------------------|--------|
| ENG 1001G | 3 | KSR 1500 | 2 |
| CMN 1310G | 3 | KSR 2440 | 3 |
| BIO 1500 | 4 | KSR 1310 | 1 |
| PSY 1879G | 3 | ENG1002G | 3 |
| Gen Ed Humanities | 3 | BIO 1004G | 3 |
| | | Gen Ed Fine Arts | 3 |
| Total | 16 | Total | 15 |
| FALL | YEAR 2 | | SPRING |
| BIO 2210 | 4 | KSR 1600 | 2 |
| KSR 2850 | 3 | KSR 1692 | 1 |
| NTR 2100 | 3 | KSR 3800 | 3 |
| Gen Ed Humanities/Fine Arts | 3 | NTR 3757 | 3 |
| SOC 1838G | 3 | Gen Ed Social/Behavioral Science | 3 |
| | | BIO 2220 | 4 |
| | | PSY 3515 | 3 |
| Total | 16 | Total | 19 |
| FALL | YEAR 3 | | SPRING |
| KSR 4340 | 3 | KSR 4440 | 3 |
| KSR 3104 | 3 | KSR 3860 | 3 |
| CHM 1310/1315 | 4 | KSR 4900 | 1 |
| MAT 2250G | 4 | PSY 3780 | 3 |
| Foreign Language or Elective | 3-4 | NUR 2613 | 3 |
| | | Foreign Language or Elective | 3-4 |
| Total | 17 | Total | 16 |
| FALL | YEAR 4 | | SPRING |
| KSR 4450 | 3 | KSR 4275 Internship | 6 |
| KSR 4460 | 3 | | |
| KSR 4900 | 2 | | |
| KSR 4274 | 1 | | |
| KSR 3720 | 2 | | |
| PHY 1151G | 3 | | |
| PHY 1152G | 1 | | |
| Senior Seminar | 3 | | |
| Total | 18 | Total | 6 |

TOTAL MAJOR COURSEWORK:123-125 HRS

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- 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.
- Students should look into specific prerequisites for the Masters or Doctor of Occupational Therapy schools they are interested in.

BS IN EXERCISE SCIENCE PRE-PT OPTION

| FALL | YEAR 1 | | SPRING |
|------------------------------|--------|-----------------------------------|--------|
| ENG 1001G | 3 | KSR 1500 | 2 |
| CMN 1310G | 3 | KSR 2440 | 3 |
| BIO 1500 | 4 | KSR 1310 | 1 |
| PSY 1879G | 3 | ENG1002G | 3 |
| Gen Ed Humanities/Fine Arts | 3 | BIO 1550G | 4 |
| | | Gen Ed Humanities | 3 |
| Total | 16 | Total | 16 |
| FALL | YEAR 2 | | SPRING |
| BIO 2210 | 4 | KSR 1600 | 2 |
| KSR 2850 | 3 | KSR 1692 | 1 |
| NTR 2100 | 3 | KSR 3800 | 3 |
| Gen Ed Fine Arts | 3 | Gen Ed Social/Behavioral Science | 3 |
| SOC 1838G | 3 | BIO 2220 | 4 |
| | | PSY 3515 | 3 |
| Total | 16 | Total | 18 |
| FALL | YEAR 3 | | SPRING |
| KSR 4340 | 3 | KSR 4440 | 3 |
| KSR 3104 | 3 | KSR 3860 | 3 |
| CHM 1310/1315 | 4 | NTR 3757 | 3 |
| MAT 2250G | 4 | CHM 1410/1415 | 4 |
| Foreign Language or Elective | 3-4 | NUR 2613 | 3 |
| | | Foreign Language or Elective | 3-4 |
| Total | 17-18 | Total | 19-20 |
| SUMMER | | | |
| | | PHY 1151G/1152 G (4 week session) | 4 |
| | | PHY 1161/1162 (6 week session) | 4 |
| | | Total | 8 |
| FALL | YEAR 4 | | SPRING |
| KSR 4450 | 3 | KSR 4275 Internship | 6 |
| KSR 4460 | 3 | | |
| KSR 4900 | 3 | | |
| KSR 4274 | 1 | | |
| KSR 3720 | 2 | | |
| EIU 4XXX Senior Seminar | 3 | | |
| PSY 3780 | 3 | | |
| Total | 14 | Total | 6 |

TOTAL MAJOR COURSEWORK:128-130 HRS

- For a listing of General Education courses, see catalog.
- A grade of C or better is required in BIO 2210, BIO 2220 and all Kinesiology, Sport, and Recreation courses counting toward the major.
- 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.
- Students should look into specific prerequisites for the Doctor of Physical Therapy schools they are interested in.