

EXERCISE AND SPORT SCIENCE

HOURS REQUIRED FOR PROGRAM

Name	
ID Number	
Major	Physical Education
Concentration	Exercise Science
Minor	
Catalog Year	2015 - 2016

General Education	41
Major Core	21
Exercise Science Concentration	47
Guided Electives	9
Free Electives	2
TOTAL	120

GENERAL EDUCATION CORE (41 HRS)

(Fall, Spring) indicates when KLSS courses are typically offered.

COMMUNICATION (9 HRS)	Hrs	Gr	Sem	MAJOR/CONCENTRATION:	Hrs	Gr	Sem
ENGL 1010 Critical Reading & Expository Writing	3			CORE (21 HRS)			
ENGL 1020 Critical Thinking & Argumentation	3			PHED 1130 Wellness for Life	3		
SPCH 1300, 2300 OR 2320	3			PEXS 2955 Care & Treatment of Athletic Injuries	3		
HUMANITIES/FINE ARTS (9 HRS)				PEXS 3032 Psychomotor Devlptm in Children	3		
Literature	3			PEXS 3080 Teaching Aerobic Conditioning	3		
Fine Arts	3			PEXS 3510 Foundations of PE (W, O)	3		
Humanities	3			SALM 4210 Legal Issues & Risk Mgmt in S & LA (W,O)	3		
SOCIAL/BEHAVIORAL SCIENCES (6 HRS)				COBH 2030 First Aid & Emergency Care	3		
	3			CONCENTRATION (47 HRS)			
	3			PEXS 3610 Exercise Physiology I (Fall)	3		
HISTORY (6 HRS)				PEXS 4061 Exercise Fitness Testing (T)	3		
	3			PEXS 4062 Cardiovas Exer Testing & Electrocardio	3		
	3			PEXS 4270 Structural Kinesiology	3		
NATURAL SCIENCES (8 HRS)				PEXS 4620 Exercise Physiology II (Spring)	3		
	4			PEXS 4630 Exercise Science Internship I	6		
	4			PEXS 4631 Exercise Science Internship II	6		
MATHEMATICS (3-4 HRS)				PEXS 4656 Sports Conditioning & Training (Fall)	3		
	3/4			PEXS 4657 Sports Nutrition & Ergogenic Aids (Spring)	3		
				PEXS 4977 Exer Mgmt Prsns Chrnc Dises & Dsbtlts (Fall)	3		
ADDITIONAL REQUIREMENTS				NTFD 2420 Principles of Nutrition Science	3		
CSCI 1100 Using Information Technology OR EXAM	2/3			HSCI 3000 Human Anatomy	4		
WRITING INTENSIVES				HSCI 3020 Human Physiology	4		
1				GUIDED ELECTIVES (9 HRS)			
2				PEXS 4150 Special Olympics Coaching	3		
3				SALM 4215 Social Psychology of Sport & Leisure	3		
4				NTFD 3465 Human Nutrition and Metabolism	3		
ORAL INTENSIVES				BIOL 1110/1111 Biology I for Majors & Lab	4		
1				BIOL 1120/1121 Biology II for Majors & Lab	4		
2				CSCI 1101 Intro to Spreadsheets (T)	1		
TECHNOLOGY INTENSIVE				CHEM 1110/1111 General Chemistry & Lab	4		
1				CHEM 1120/1121 General Chemistry & Lab	4		
Check CSCI 1100 for credit hours and TI intensive requirement				COBH 1010 Lifetime Behavior for Healthy Living	3		
				COBH 2750 Medical Terminology	3		
GUIDED ELECTIVES (CONTINUED)				BSTA 3000 Biostatistics	3		
HSCI 3030 Introductory Biochemistry (W)	4			COBH 3500 Consumer Health Education	2		
PHYS 1030 Intro to Physics	4			COBH 4220 Family Health & Human Sexuality	2		
PHYS 2010/2011 Gen Physics Noncalculus & Lab (W)	4			COBH 4607 Gerontology and Health (W)	3		
ALHE 2010 Intro to Allied Health	2			COBH 4707 International Health	3		
COBH 4030 Community Health (W)**	3			NTFD 3250 Nutrition through the Lifecycle	3		
				HSCI 2230 Intro to Microbiology	4		
FREE ELECTIVES (2 HRS)							
	2						

*HSCI 3000 & 3020 (or 2010/11 & 2020/21) must be taken prior to taking PEXS 3610

** COBH 4030 has a prerequisite requirement of COBH 1010

GENERAL EDUCATION REQUIREMENTS

COMMUNICATION - 9 HOURS, to include:

6 hours of written composition:

ENGL 1010 Critical Reading & Expository Writing

ENGL 1020 Critical Thinking & Argumentation

and 3 hours of oral communication: (choose one)

SPCH 1300 General Speech

SPCH 2300 Public Speaking

SPCH 2320 Argumentation & Debate

HUMANITIES AND FINE ARTS

3 hours of literature: (choose one)

ENGL 2030 Literary Heritage

ENGL 2110 American Literature I

ENGL 2120 American Literature II

ENGL 2210 British Literature I (WI)

ENGL 2220 British Literature II (WI)

ENGL 2430 European Literature (WI)

ENGL 2330 World Literature

3 hours of fine or performing arts: (choose one)

ARTA 2128 - Artistic Experience II

ARTA 2010 Art History Survey I

ARTA 2020 Art History Survey II

BLUE 2150 American Roots Music

MUSC 1030 Introduction to Music

MUSC 1035 History of Jazz

PEXS 3500 Dance as Human Experience

THEA 1030 Introduction to the Theatre

HUMT 2310 Art & Ideas I

HUMT 2320 Art & Ideas II

3 hours of humanities electives: (choose one)

ENGL 3150 Literature, Ethics & Values (WI)

ENGL 3280 Mythology (WI)

ENTC 3020 Technology and Society

HIST 1110 World History & Civilization to 1500

HIST 1120 World History & Civilization Since 1500

PHIL 1030 Introduction to Philosophy

PHIL 2020 Introduction to Ethics (WI)

PHIL 2040 Philosophy as Conversation (OI)

RELI 2210 Introduction to the Study of Religion

PHIL 2640 Science & the Modern World

HISTORY - 6 hours

HIST 2010 U.S. to 1877

HIST 2020 U.S. since 1877

HIST 2030 (History of Tenn.) (3hrs) may be substituted for 3 credit of U.S. History

MATHEMATICS 3-4 HOURS: (choose one)

MATH 1530 Probability & Statistics 0 Non-calculus

MATH 1840 Analytic Geometry & Differential Calculus

MATH 1910 Calculus I

NATURAL SCIENCES - 8 hours: (choose two)

ASTR 1010 Astronomy I

ASTR 1020 Astronomy II

ASTR 1035 Life in the Universe

BIOL 1010 - 1011 Biology for Non-majors I

BIOL 1020-1021 Biology for Non-majors II

BIOL 1110-1111 Biology for Science Majors I

BIOL 1120-1121 Biology for Science Majors II

BIOL 1130-1131 Biology for Science Majors III

CHEM 1000 Chemistry & Well Bring

CHEM 1110-1111 General Chemistry

CHEM 1120-1121 General Chemistry

CHEM 1030 Introduction to Chemistry Survey

GEOL 1040 Physical Geology

GEOL 1050 Historical Geology

HSCI 2010-2011 Anatomy & Physiology I

HSCI 2020-2021 Anatomy & Physiology II

PHYS 1030 Introduction to Physics Survey

PHYS 2010-2011 Gen. Physics I - Non-calculus (WI)

PHYS 2020-2021 Gen. Physics II - Non-calculus (WI)

PHYS 2110-2111 Tech Physics I - Calculus-Based

PHYS 2120-2121 Tech Physics II - Calculus-Based

SOCIAL/BEH. SCIENCE - 6 hours: (choose two)

ECON 1050 Economics & Society

ECON 2210 Principles of Economics Part I

GEOG 1012 Introduction to Cultural Geography

HDAL 2310 Developmental Psychology

PSCI 1110 Political Life (W,O)

PSCI 1120 Introduction to American Government

PSYC 1310 Introduction to Psychology

SOAA 1020 Introduction to Sociology

ANTH 1240 Introduction to Cultural Anthropology

SOAA 2020 Social Problems & Human Values (WI)

SRVL 1020 Introduction to Service Learning (W,O)

WMST 2010 Introduction to Women's Studies (WI)

HDAL 2340 Understanding Cultural Diversity (W,O)

MCOM 1030 Introduction to Mass Communications

MATHAMATICS AND NATURAL SCIENCES

IBMS 1100 - Integrative Biology and Statistics

IBMS 1200 - Integrative Biology and Calculus

Note: Completion of IBMS 1100 and IBMS 1200 satisfies both the Mathematics requirement and the Natural Sciences requirement. Students must complete the entire two-course sequence in order to fulfill the Mathematics and Natural Sciences blocks.

Students who complete only one of the courses will be considered to have met four credit hours of the Natural Sciences requirement.

CSCI 1100 and Intensives are noted on the Major Check Sheet.