

2020 CURRICULUM UPDATE

MINI-COURSES – 1.5 CREDITS

Mini-courses are 1.5 credit courses that are offered by the Department of Kinesiology and Health. Sections for each course can be offered either in the first seven weeks of a semester or the second seven weeks of a semester. Most mini-courses do not run the entire duration of a semester. When planning to register for a mini-course, make sure to note the start and end date of the chosen section.

NUMBER	COURSE NAME
01:377:140	Foundations of Kinesiology and Health ¹
01:377:160	Introduction to Physical Therapy
01:377:161	Observation in Physical Therapy ²
01:377:170	Principles of Strength and Conditioning
01:377:180	Exercise and Relaxation
01:377:191	Cardiovascular Conditioning
01:377:205	Principles of a Healthy Lifestyle ³
01:377:327	Field Experience – Special Populations ²
01:377:407	Administration of Exercise Science ³
01:955:203	Sport and the Law ⁴
01:955:204	Risk Management in Sport ⁴
01:955:312	Facilities Planning & Design
01:955:317	Ethics and Values in Sport
01:955:331	Gender Issues in Sport
01:955:333	Event Management & Sponsorship in Sport

¹ Course is required for both Exercise Science and Sport Management majors.

² Course is the duration of a full academic semester.

³ Course is required for Exercise Science majors.

⁴ Course is required for Sport Management majors.

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EXERCISE SCIENCE ELECTIVES

The Exercise Science major requires six (6) credits of electives. The courses listed on these pages fulfill elective requirements for the Exercise Science major. Students should consult the university online catalog or speak to an academic advisor to determine if any of the courses have prerequisites or restrictions.

The following table lists the recommended courses that can fulfill the elective requirements for the Exercise Science major.

A minimum of three (3) elective credits must be within the department (377 or 955 subject code). At least three (3) elective credits must be at the 300+ level. A maximum of three (3) elective credits can be at the 200 or lower level.

NUMBER	COURSE NAME	CREDITS
01:377:160	Introduction to Physical Therapy	1.5
01:377:161	Observation in Physical Therapy	1.5
01:377:170	Principles of Strength and Conditioning	1.5
01:377:180	Exercise and Relaxation	1.5
01:377:191	Cardiovascular Conditioning	1.5
01:377:215	Techniques of Athletic Training	3
01:377:225	Contemporary Health Problems	3
01:377:246	Safety Education and Emergency Care	3
01:377:252	Health and Social Justice	3
01:377:301	Psychology of Sport and Exercise*	3
01:377:303	Neuromechanical Kinesiology	3
01:377:304	Exercise and Aging	3
01:377:324	Movement Experiences for Individuals w/Disabilities	3
01:377:327	Field Experience – Special Populations	1.5
01:377:334	Physical Activity and Health	3
01:377:336	Sleep, Health and Performance	3
01:377:340	Pediatric Physical Development And Fitness	3
01:377:360	Cannabis: From Cannabis Counterculture to Cure-All	3
01:377:381	Biochemistry of Exercise	3
01:377:415	Lifestyles of the Mediterranean – Greece	3
01:377:454	Advanced Exercise Physiology	3
01:377:455	Exercise Psychology*	3
01:377:456	Nutrition for Sport and Exercise	3
01:377:475	Nutrition and Fitness	3
01:377:482-5	Topics in Kinesiology and Health	1.5/BA
01:377:496	EKG Use and Interpretation	3
01:955:203	Sport and the Law	1.5
01:955:204	Risk Management in Sport	1.5
01:955:305	Sport Sociology	3
01:955:306	Finance in Kinesiology and Health	3

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NUMBER	COURSE NAME	CREDITS
01:955:312	Facilities Planning and Design	1.5
01:955:316	Fitness Management	3
01:955:317	Ethics and Values in Sport	1.5
01:955:333	Event Management and Sponsorship in Sport	1.5
01:955:355	Professional Presentations in Sport Management	3

*Indicates courses that cannot be used to fulfill elective requirement **or** major requirement.

APPROVED COURSES FROM OTHER DEPARTMENTS		
NUMBER	COURSE NAME	CREDITS
01:160:307	Organic Chemistry ¹	4
01:160:308	Organic Chemistry	4
01:190:102	Medical Terminology	3
01:447:245	Introduction to Cancer	3
01:447:380	Genetics	4
01:447:495	Cancer	3
01:830:331	Infant and Child Development	3
01:830:333	Adolescent Development	3
01:830:335	Adult Development and Aging	3
01:830:340	Abnormal Psychology	3
11:709:255	Nutrition and Health	3
11:709:345	Nutrition and Dev Thru Life Span	3
11:709:352	Nutrition and Behavior	3

¹Organic Chemistry is strongly recommended for students intending to apply to medical school.