

EXERCISE SCIENCE CLUSTER

The Exercise Science major requires students to choose two cluster courses from a menu of seven course options. A minimum of two courses must be selected. Students can select to take additional courses once the cluster requirement has been satisfied, but the same course cannot fulfill both a cluster requirement and an elective requirement.

NUMBER	COURSE NAME	CREDITS
01:377:301	Psychology of Sport and Exercise	3
01:377:303	Neuromechanical Kinesiology	3
01:377:310	Motor Learning	3
01:377:324	Movement Experiences for Individuals with Disabilities	3
01:377:350	Biomechanics	3
01:377:455	Exercise Psychology	3
01:377:456	Nutrition for Sport and Exercise	3

EXERCISE SCIENCE ELECTIVES

The Exercise Science major requires nine (9) 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 six (6) elective credits must be within the department (377 or 955 subject code). At least six (6) 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
01:377:205	Principles of a Healthy Lifestyle	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
01:377:310	Motor Learning*	3
01:377:315	Advanced Theory & Techniques of Athletic Training	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
01:377:340	Pediatric Physical Development & Fitness	3
01:377:336	Sleep, Health and Performance	3
01:377:350	Biomechanics*	3
01:377:360	Cannabis: From Counterculture to Cure-All	3
01:377:371	Exercise Physiology Lab	1
01:377:381	Biochemistry of Exercise	3
01:377:410	Exercise Testing and Prescription	4
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 Sport	3
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 can fulfill cluster requirement **or** elective requirement.

Elective Courses from Other Departments

A maximum of one approved course from outside the Department of Kinesiology and Health can be used to fulfill elective credits for the Exercise Science major.

The table below list courses from departments other than Kinesiology and Health that have been approved to fulfill elective requirements for the Exercise Science major. These courses are recognized in Degree Navigator as fulfilling elective credits.

To receive credit for an elective course offered by another department, **YOU MUST EARN A GRADE OF C OR BETTER.**

You may propose other courses for your electives, but if the course is not a 377 or selected 955 course on pages 21-22, you **MUST HAVE PRIOR WRITTEN APPROVAL** from the Kinesiology and Health academic advisor and the advisor must update the approved course on your Degree Navigator file.

If you have any questions concerning the eligibility of a potential elective course, you must check with and receive approval from the department advisor **BEFORE** registering for that course.

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.