

Utah State University
Department of Kinesiology and Health Sciences
Kinesiology: Exercise Science 2020-2021

GENERAL EDUCATION and UNIVERSITY STUDIES

Competency Requirements	Breadth Requirements (1000 or 2000 level course)	Depth Education Requirements (3000 or 4000 level course)
<input type="checkbox"/> CL1: ENGL 1010 <input type="checkbox"/> CL2: ENGL 2010 <input type="checkbox"/> QL: Any of the following: MATH 1050 or MATH 1100, STAT 1040, STAT 1045, or acceptable AP, CLEP, IBO, ACT, or SAT score	<input type="checkbox"/> Creative Arts (BCA) _____ <input type="checkbox"/> Humanities (BHU) _____ <input type="checkbox"/> Life Sciences (BLS) _____ <input type="checkbox"/> Physical Sciences (BPS) _____ <input type="checkbox"/> Social Sciences (BSS) _____ <input type="checkbox"/> American Institutions (BAI) _____ <input type="checkbox"/> Exploration: Any BAI, BHU, BCA, BSS, BPS, BLS course _____	<input type="checkbox"/> Communications Intensive (CI) _____ <input type="checkbox"/> Communications Intensive (CI) _____ <input type="checkbox"/> Quantitative Intensive (QI) KIN 4200/4400 <input type="checkbox"/> Humanities and Arts (DHA) _____ <input type="checkbox"/> Social Science (DSS) _____
Additional Graduation Requirements: Total credits: 120 credits minimum Total credits C- or better: 100 credits Upper-division credits (3000 level or above): 40 credits USU credits (20 upper-division, 10 req. by major): 30 credits USU gpa: 2.0 or better; Overall gpa: 2.75 or better		Note: Requirements for graduation can be tracked in DegreeWorks . Students are responsible for all major/minor requirements and should familiarize themselves with course prerequisites. For more information, e-mail us at KHSadvising@usu.edu.

MAJOR REQUIREMENTS (Total credits: 58)

Acceptance into major: New freshmen, also, transfer students and students from other USU majors who have at least a **2.75** overall GPA, qualify to enter the Kinesiology: Exercise Science major. Students must also have a 2.75 overall gpa to graduate in the emphasis. *Please note: we cannot guarantee in which semester each course will be taught. Check Banner Access and/or discuss course schedules with your academic advisor.*

A. Prerequisites: 12 credits

Note: These courses are prerequisite for certain courses in the emphasis but do not have to be completed before admission to the major. A complete description of prerequisites can be found in the USU Catalog or in Registration XE.

Must complete all of the following:		Sem.	Cr.	Prerequisite/notes
<input type="checkbox"/> BIOL 2320	Human Anatomy	Sp, Su	4	Note: also taught in Brigham City all semesters. Background in human biology recommended.
<input type="checkbox"/> BIOL 2420	Human Physiology	F, Sp, Su	4	See USU catalog.
<input type="checkbox"/> Math requirement	STAT 1040 or 1045, or MATH 1050 or higher, or acceptable Math exam scores.	F, Sp, Su	3	See USU Catalog for prerequisites. May include Math Placement Exam if prerequisite is more than 3 semesters old.

B. Professional Foundations: 26 credits

<input type="checkbox"/> KIN 2000	Intro to Kinesiology	F, Sp	2	
<input type="checkbox"/> KIN/PE 3000	Principles of Fitness also Dynamic Fitness*/**	F, Sp	3	
<input type="checkbox"/> KIN 3100	Athletic Injuries*/**	F, Sp	3	
<input type="checkbox"/> KIN 3250	Anatomical Kinesiology*/**	F, Sp	3	BIOL 2320
<input type="checkbox"/> KIN 4100	Exercise Physiology**	F, Sp	4	BIOL 2320, BIOL 2420, KIN 2000 or KIN 2020, STAT 1040 or 1045 or MATH 1050 or ACT Math 25+
<input type="checkbox"/> KIN 4200 (QI)	Biomechanics*	F, Sp, Su	4	BIOL 2320, BIOL 2420, KIN 3250, STAT 1040 or 1045 or MATH 1050 or higher or ACT Math 25+
<input type="checkbox"/> KIN 4400 (QI)	Evaluation in Kinesiology*/**	F, Sp	3	KIN 2000 or KIN 2020 and enrollment in a major in KHS. Available online with advisor override.
<input type="checkbox"/> KIN 5100	Fitness Assessment & Exercise Programs**	F, Sp	4	KIN 4100 must be taken BEFORE KIN 5100. KIN 4100 and 5100 MAY NOT be taken concurrently.

C. Professional Development: 17 credits

Area 1: Health & Physical Education HPER (3 credits minimum)

<input type="checkbox"/>	HEP 2000	First Aid & Emergency Care	F, Sp, Su	2	
<input type="checkbox"/>	HEP 2500	Health and Wellness*	F, Sp, Su	2	
<input type="checkbox"/>	HEP 3200	Consumer Health*	F, Sp	3	Online only.
<input type="checkbox"/>	HEP 3400	Stress Management*	F, Sp, Su	3	Online only.
<input type="checkbox"/>	KIN 4000	Mental Aspects of Sport Performance	F, Sp	3	
<input type="checkbox"/>	KIN 5430 (CI)	History & Philosophy of PE*	F, Sp, Su	3	Online only.

Area 2: Biology (3 credits minimum)

<input type="checkbox"/>	BIOL 1010 (BLS)	Biology and the Citizen	F, Sp, Su	3	
<input type="checkbox"/>	BIOL 1500/HEAL 1500	Anatomy and Physiology	TBA	3	Broadcast course
<input type="checkbox"/>	BIOL 1610 and BIOL 1615	Biology I	F	4	Lab is required with this option. Recommended that it be taken concurrently.
<input type="checkbox"/>	BIOL 1620 and 1625 (BLS)	Biology II	Sp	4	BIOL 1610 and BIOL 1615 ; Lab is required with this option and should be taken concurrently.
<input type="checkbox"/>	BIOL 2060	Elementary Microbiology	F	4	See USU Catalog.
<input type="checkbox"/>	BIOL 3060 (QI)	Principles of Genetics	F, Sp, Su	4	See USU Catalog.
<input type="checkbox"/>	BIOL 3300	General Microbiology	F, Sp	4	See USU Catalog.

Area 3: Chemistry (3 credits minimum)

<input type="checkbox"/>	CHEM 1010 (BPS)	Introduction to Chemistry **	F, Sp	3	
<input type="checkbox"/>	CHEM 1110 (BPS)	General Chemistry I **	F, Sp	4	ACT Math 24, or MATH 1050 or higher, or corequisite of MATH 1050
<input type="checkbox"/>	CHEM 1120 (BPS)	General Chemistry II	Sp	4	CHEM 1110
<input type="checkbox"/>	CHEM 1125	General Chemistry II Laboratory	F, Sp	1	CHEM 1110 and CHEM 1120 (may be taken concurrently)
<input type="checkbox"/>	CHEM 1210	Principles of Chemistry I **	F, Sp	4	ACT Math 25, or MATH 1050 or higher; or corequisite of MATH 1050.
<input type="checkbox"/>	CHEM 1215	Chemistry Principles Laboratory I **	F, Sp	1	CHEM 1210 (may be taken concurrently)
<input type="checkbox"/>	CHEM 1220 (BPS)	Principles of Chemistry II **	F, Sp	4	CHEM 1210
<input type="checkbox"/>	CHEM 1225	Principles of Chemistry II Laboratory **	F, Sp	1	CHEM 1215, and CHEM 1220 (may be taken concurrently)

Area 4: Integrated Courses (7 credits minimum)

<input type="checkbox"/>	NDFS 1020 (BLS)	Science/Application of Human Nutrition*	F, Sp, Su	3	Taught in multiple formats.
<input type="checkbox"/>	NDFS 3020	Nutrition and Physical Performance	F	2	NDFS 1020
<input type="checkbox"/>	PHYS 1100 (BPS)	Great Ideas in Physics	TBA	3	See schedule of courses for semesters taught.
<input type="checkbox"/>	PHYS 1200 (BPS)	Intro to Physics by Hands on Exploration	TBA	4	See schedule of courses for semesters taught.
<input type="checkbox"/>	PHYS 2110	General Physics - Life Sciences I	F	4	MATH 1060 or 1100 or 1210
<input type="checkbox"/>	PHYS 2120 (BPS)	General Physics - Life Sciences II	Sp	4	PHYS 2110 and MATH 1060 or 1100 or 1210
<input type="checkbox"/>	PSY 1010 (BSS)	General Psychology*	F, Sp, Su	3	
<input type="checkbox"/>	PSY 2100	Developmental Psychology: Adolescence	Sp	3	PSY 1010; taught odd years
<input type="checkbox"/>	PSY 3010 (QI)	Psychological Statistics*	F, Sp, Su	4	See USU catalog.
<input type="checkbox"/>	PSY 3210 (DSS)	Abnormal Psychology*	F, Sp, Su	3	PSY 1010

D. PEP Skill Development and/or PE Activity Courses (3 credits minimum)

<input type="checkbox"/>	KIN 2100	Skills 1 (Swimming, Volleyball, Football)	F, Sp	1	Note: courses may not be repeated.
<input type="checkbox"/>	KIN 2200	Skills 2 (Lifetime Activities)	F, Sp	1	Note: courses may not be repeated.
<input type="checkbox"/>	KIN 2300	Skills 3 (Softball, Basketball, Soccer)	F	1	Note: courses may not be repeated.
<input type="checkbox"/>	KIN 2400	Skills 4 (Tennis, Badminton, Track and Field)	F, Sp	1	Note: courses may not be repeated.
<input type="checkbox"/>	PE 1000-2120	Any 3 PE DIFFERENT courses	F, Sp	1	Note: courses may not be repeated.

*Courses are offered online certain semesters. For specifics, consult the USU Catalog or Registration XE (Browse Classes). ** Indicates tentative summer scheduling as funding allows. Check Schedule of Courses. Revised March 2020..

