

Exercise Science Course Checklist 2014-16 Catalog

****DON'T FORGET PRE-REQUISITES****

In addition to the following major courses, you must complete the following requirements to graduate:

- Complete ISU General Education Requirements (Associates of Arts/Science degree or I.A.I. – transfer general education)
- Earn Cs in ALL you required major classes, a 2.5 major and cumulative ISU GPA.
- Earn at least 120 hours toward graduation
- Earn a minimum of 42 senior college hours (at the 200 level or above)
- Complete Global Studies Requirement

KINESIOLOGY CORE REQUIREMENTS = 7 courses, 20 credit hours

COURSE #	COURSE TITLE	CREDIT HOURS
KNR 181	Human Anatomy & Physiology	3
KNR 182	Human Anatomy & Physiology	3
KNR 240	Principles & Applications of Fitness Training (KNR 181, 182) (conc. Reg. 280 req)	2
KNR 254	Soc-Psy Perspectives Physical Activity	3
KNR 257	Motor Learning & Performance	3
KNR 280	Exercise Physiology (conc. Reg 240 req) (KNR 181, 182)	3
KNR 282	Biomechanics of Human Movement (KNR 181, PHY 105, or PHY 108)	3

EXERCISE SCIENCE CORE COURSES = 8 courses/23 hours

KNR 164	Introduction to Exercise Science	3
KNR 298.10	Professional Practice: Practicum in Exercise Science (164, 240 & 280, 60+ hours)	2
KNR 303	Exercise Psychology	3
KNR 307	Exercise in Health and Disease (KNR 164, 240 & 280)	3
KNR 309	Principles and Techniques in Physiological Testing (KNR 164, 240 & 280)	3
KNR 311	Exercise Programing for Cardiovascular and Metabolic Fitness (KNR 307, KNR 309)	3
KNR 313	Exercise Programing for Neuromuscular Fitness (KNR 307, KNR 309)	3

Take one class (3 hrs) from the following courses:

KNR 286	Leading Exercise Sessions in the Fitness Setting (KNR 240, KNR 280)	Spring only	3
KNR 305	Biomechanics of Exercise and Physical Activity (KNR 164, KNR 282)	Spring only	3
KNR 310	Fitness Management (KNR 164, KNR 298.10)	Fall only	3
KNR 353	Basic Electrocardiography and Clinical Exercise Testing	Fall only	3

Take an additional 12 hours by ***either taking:***

KNR 378.10	Seminar in Professional Practice for Exercise Science (164, 298.10 Minimum ISU Cum 2.50, 90+ hours)	2
KNR 398.11	Professional Practice: Internship in Exercise Science (KNR 378.10)	10 - 14

Or

	Advanced Studies (see list on reverse)	12
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12 credit hours of advanced studies from the following list of courses:

KNR 287 Independent Study

KNR 299 Independent Honors Study

KNR 305 Biomechanics of Exercise and Physical Activity (**spring only**)

KNR 306 Psychology of Sport (**spring only**)

KNR 320 Developmental Aspects of Youth Sport (**fall only**)

KNR 342 Occupational Biomechanics (**fall only**)

KNR 345 Advanced Functional Anatomy (**fall only**)

KNR 352 Quantitative Analysis of Biomechanics (**every other fall**)

KNR 353 Basic Electrocardiography and Clinical Exercise Testing (**fall only**)

KNR 361 Pathology and Pharmacology in Athletic (**fall only**)

KNR 381 Special Topics

HSC 394 Health Aspects of Aging (**every other spring**)