

Exercise Science (B.S.) Health & Human Performance

School of Kinesiology & Recreation
2019-2020 Undergraduate Catalog



ILLINOIS STATE
UNIVERSITY
Illinois' first public university

sample plan of study

The requirements below pertain to the 2019-2020 Undergraduate Catalog and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

Total Hours Required for Exercise Science Health & Human Performance - 120	
First Year Fall Semester (14 credit hours) _____ ENG 101 or COM 110 (3) _____ PHY 105 (4) _____ General Education course (3) _____ General Education course (3) _____ University wide elective (1)	Spring Semester (15 credit hours) _____ ENG 101 or COM 110 (3) _____ General Education course (3) _____ General Education course (3) _____ General Education course (3) _____ University wide elective (3)
Second Year Fall Semester (16 credit hours) _____ KNR 164 (3) _____ KNR 181 (3) _____ KNR 183 (1) _____ KNR 254 (3) _____ General Education course (3) _____ General Education course (3)	Spring Semester (15 credit hours) _____ KNR 257 (3) _____ KNR 182 (3) _____ General Education course (3) _____ General Education course (3) _____ AMALI requirement or University wide elective (3)
Third Year Fall Semester (16 credit hours) _____ KNR 240 (1) _____ KNR 280 (3) _____ KNR 282 (3) _____ University wide elective (3) _____ University wide elective (3) _____ University wide elective (3)	Spring Semester (14 credit hours) _____ KNR 298A10 (2) _____ KNR 303 (3) _____ KNR 307 (3) _____ KNR 309 (3) _____ Major elective (3)
Fourth Year Fall Semester (17 credit hours) _____ KNR 311 (3) _____ KNR 313 (3) _____ KNR 378A10 (2) _____ University wide elective (3) _____ University wide elective (3) _____ University wide elective (3)	Spring Semester (10-14 credit hours) _____ KNR 398A11

NOTES:

Please consult with your academic advisor regarding University wide electives and appropriate minors/endorsements.