

Exercise Science Major

Bachelor of Science

As of Fall 2021

AQUINAS REQUIREMENTS

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| BY 150 - Human Biology (or equivalent) | 4.0 |
| BS 200 Fundamentals of Organization | 3.0 |
| BS 310 Enterpren. and Small Bus. Mgmt. | 3.0 |
| KN 158 Emergency Medical Response (First Aid/CPR) | 3.0 |
| KN 159 Introduction to Kinesiology | 3.0 |
| KN 250 Physiology of Exercise | 4.0 |
| KN 251 Nutrition for Sports Performance | 3.0 |
| KN 256 Kinesiology | 4.0 |
| KN 350 Medical Aspects of Athletics (SC) | 3.0 |
| KN 364 Human Growth and Development | 3.0 |
| KN 367 Administration for the Exercise Science Professional | 3.0 |
| KN 404 Conditioning I | 2.0 |
| KN 405 - Conditioning II: Designing Progs. (S) | 2.0 |
| KN 406 Exercise Prescription and Testing | 3.0 |
| KN 452 Physical Activities of Special Pop. | 3.0 |
| KN 397 Internship (6-12 credits) | 6.0 |

TRANSFER REQUIREMENTS

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| BUS 231 ENTREPRENEURSHIP |
| HE 100A COMMUNITY FIRST AID AND SAFETY |
| PEA 121 HUMAN MOVEMENT SCIENCE |
| HE 102 NUTRITION FOR FITNESS AND SPORT |
| HE 202A SPORTS INJURIES AND PREVENTION |
| PEP 200 Essentials of Personal Training |

Complete one (1) competency area from the following:

Group Fitness competency

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| KN 109 - Aerobics | 1 | PEA 201 AEROBIC MOVEMENT FOR FITNESS |
| KN 361 - Group Exercise Leadership | 2 | |

Strength and Conditioning competency

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| KN 108 - Weight Training | 1 | PEA 103 WEIGHT TRAINING |
| KN 357 - Therapeutic Exercise | 3 | |

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