

# Exercise Science Education Bachelor of Science in Education



Effective for students admitted to the College of Education and Human Ecology beginning **Autumn 2022**

General Education Requirements (32-39 Hours)	HOURS
Launch Seminar	1
Reflection Seminar	1
<b>Foundations (22-25 Hours)</b>	
Writing & Information Literacy	3
Mathematical & Quantitative Reasoning or Data Analysis	3-5
Literary, Visual & Performing Arts	3
Historical & Cultural Studies	3
Natural Science	4-5
Social & Behavioral Sciences	3
Race, Ethnic & Gender Diversity	3
<b>Thematic Pathways (8-12 Hours)</b>	
Take 4-6 hours from Citizenship for a Diverse & Just World and 4-6 hours from another Thematic Pathway of choice.	
Citizenship for a Diverse & Just World	4-6
Choice of 4-6 hours from one additional Thematic Pathway: Lived Environments Sustainability Health & Wellbeing	4-6
<b>EHE 1100 College Survey</b>	<b>1</b>

Supporting Courses (14-18 Hours)	HOURS
Math Placement M or L, or MATH 1148 College Algebra or higher	0-4
BIOLOGY 1113 Biological Science: Energy Transfer & Development (can overlap with GE Natural Science)	4
CHEM 1210 General Chemistry I	5
CHEM 1220 General Chemistry II	5
Major Requirements (50-57 Hours)	HOURS
<b>Major Admissions Criteria:</b> 2.75 cumulative GPA C- grade or higher in BIOLOGY 1113, CHEM 1210, CHEM 1220	
<b>Major Core</b>	<b>47</b>
ANATOMY 2300.04 Human Anatomy	4
BIOCHEM 2210 Elements of Biochemistry	4
KNHES 2995 Food & Fitness: Fuel for Good Health	4
KNHES 2360 Introduction to Exercise Science	3
KNHES 3414 Physiological Systems in Human Performance	3
KNHES 3415 Applied Physiology in Human Performance	3
KNHES 3416 Theory of Strength & Conditioning	3
KNHES 5590 Comprehensive Laboratory in Exercise Science	3
KNHES 5685 Adult Exercise Programming-Implementation	4
KNHES 4525 Promoting Behavior Change in Sport, Leisure, & Exercise, or KNHES 5652 Worksite Health Promotion	3
KNHES 5191 Internship: Health & Exercise Science	3
PHYSIO 3200 Human Physiology	5
PHYSICS 1200 Mechanics, Kinematics, Fluids, Waves	5
<b>Major Electives/Professional Experience</b>	<b>3-10</b>
Choose 3-10 hours from below (course hours in parenthesis)	
KNHES 5191 Internship: Health & Exercise Science (1-9) KNHES 4998 Research in Kinesiology: Health & Exercise Science (1-12) KNHES 3417 Exercise Techniques & Testing Technology in Strength & Conditioning (3) KNHES 4805 Challenging the Conventional Role of Diet & Exercise in Obesity Management (3) KNHES 5704 Health Program Evaluation (3) HUMNNTR 2410 Science of Nutrition (4) or HUMNNTR 2210 (transfer equivalent only) (3) PSYCH 3340 Developmental Psychology (3) HDFS 2400 Life Span Human Development (3) KNPE 2542 Lifespan Motor Development (3) HTHRHSC 2500 Medical Terminology for the Health Professions (3)	
<b>Total Hours: 93-115</b> <b>Free Electives to reach 120 Hours: 5-27</b>	
Minimum of 120 credit hours required for degree completion. Total Hours range is based on requirement course choices and/or the number of credits that overlap between requirement areas. Students are encouraged to overlap as many credits as possible.	