

EXERCISE SCIENCE (B.S.)

Degree: Bachelor of Science

Major: Kinesiology

Concentration: Exercise Science

Total Hours: 120

Program Coordinator: Daniel Chilek, (409) 880-8707, drchilek@lamar.edu, HHPA 106A

Entrance Requirements for all Undergraduate Majors

- Entering freshmen who meet the university's general entrance requirements may be admitted to the Department of Health and Kinesiology.
- Transfer students who wish to enter the Exercise Science program must have a minimum 2.5 GPA on all work attempted.

Curriculum

The Exercise Science program of study has two track options; pre-fitness and pre-professional programs. The pre-fitness track serves to prepare the student for a career in a variety of corporate fitness, wellness settings or athletic training. The pre-professional track serves to prepare students for graduate programs in Physical or Occupational Therapy, Medicine or Physician Assistant and Law programs. The course of study leading to the baccalaureate degree encompasses several areas:

- The required block of general education core courses - 42 semester hours, and,
- A student must have junior status and have successfully completed BIOL 2401 Anatomy and Physiology I and BIOL 2402 Anatomy and Physiology II, KINT 2378 Applied Fitness Concepts, KINT 2371 Functional Anatomy/Physiology and KINT 3330 Exercise Physiology prior to enrolling in higher-level courses. A grade of "C" or better must be earned in each of the pre-professional and professional theory courses. The required block of professional courses to include six hours of course work in either the pre-professional or pre-fitness track & six hours of electives (KINT, HLTH, & NUTR) – 66 hours, and,
- The block of emphasis area courses from either personal fitness (management, nutrition, community or athletic training) or pre-professional (prerequisites course work for professional graduate programs). - 12 hours.

| Code | Title | Hours |
|--|----------------------------------|-------|
| General Education Core Curriculum | | |
| <i>Communication</i> | | |
| ENGL 1301 | Composition I | 3 |
| Select one of the following: | | 3 |
| COMM 1315 | Public Speaking I | |
| COMM 1321 | Business and Professional Speech | |
| FREN 1311 | Beginning French I | |
| SPAN 1311 | Beginning Spanish I | |
| <i>Mathematics</i> | | 3 |
| MATH 1314 | College Algebra(Non-Calculus) | |
| MATH 1316 | Trigonometry | |

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| <i>Life and Physical Sciences</i> ¹ | | |
| BIOL 2401 | Anatomy and Physiology I | 4 |
| BIOL 2402 | Anatomy and Physiology II | 4 |
| <i>Language, Philosophy and Culture</i> | | |
| Select one of the following: | | 3 |
| DSDE 1374 | Introduction to Deaf Studies | |
| ENGL 2300 | Ethics and Literature | |
| ENGL 2322 | British Literature | |
| ENGL 2326 | American Literature | |
| ENGL 2331 | World Literature | |
| ENGL 2376 | African-American Literature | |
| FREN 2312 | Intermediate French II | |
| PHIL 1370 | Philosophy of Knowledge | |
| PHIL 2306 | Ethics | |
| SPAN 2312 | Intermediate Spanish II | |
| <i>Creative Arts</i> | | |
| Select one of the following: | | 3 |
| ARTS 1301 | Art Appreciation | |
| ARTS 1303 | Art History I | |
| COMM 1375 | Film Appreciation | |
| COSC 1324 | The Art of Computer Game Development | |
| DANC 2303 | Dance Appreciation | |
| MUSI 1306 | Music Appreciation | |
| MUSI 1309 | Jazz History and Appreciation | |
| MUSI 1310 | History of Rock and Roll | |
| PHIL 1330 | Arts and Ideas | |
| THEA 1310 | Theatre Appreciation | |
| <i>American History</i> | | |
| Select two of the following: | | 6 |
| HIST 1301 | U S History I 1763-1877 | |
| HIST 1302 | U S History II Since 1877 | |
| HIST 2301 | Texas History | |
| <i>Government/Political Science</i> | | |
| POLS 2301 | Intro to American Government I | 3 |
| POLS 2302 | Intro/American Government II | 3 |
| <i>Social and Behavioral Sciences</i> | | |
| Select one of the following: | | 3 |
| PSYC 2301 | General Psychology | |
| SOCI 1301 | Introduction to Sociology | |
| <i>Component Area Option</i> | | |
| ENGL 1302 | Composition II | 3 |
| Select one of the following: | | 3 |
| PSYC 2317 | Introduction to Statistical Methods | |
| MATH 1342 | Elementary Statistical Methods | |
| Required Major Courses | | |
| <i>Pre-Professional Courses</i> | | |
| BIOL 2401 | Anatomy and Physiology I (Lab - 1 hour) ¹ | |
| BIOL 2402 | Anatomy and Physiology II (Lab - 1 hour) ¹ | |
| <i>Professional Program</i> | | |
| HLTH 1370 | Health and Wellness | 3 |
| HLTH 3360 | Epidemiology | 3 |
| KINT 1301 | Introduction to Kinesiology | 3 |

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| KINT 2371 | Functional Anatomy/Physiology | 3 |
| KINT 2378 | Applied Fitness Concepts | 3 |
| KINT 3130 | Exercise Physiology Lab | 1 |
| KINT 3315 | Biomechanics | 3 |
| KINT 3318 | Research Methods | 3 |
| KINT 3324 | Metabolic Effects of Sport and Exercise | 3 |
| KINT 3330 | Exercise Physiology | 3 |
| KINT 3380 | Testing Procedures and Measurements | 3 |
| KINT 4315 | Electrocardiography | 3 |
| KINT 4323 | Practicum in Exercise Science | 3 |
| KINT 4350 | Exercise Prescription | 3 |
| KINT 4355 | Fitness Special Populations | 3 |
| KINT 4630 | ESFM Preceptorship | 6 |
| NUTR 1322 | Basic Nutrition | 3 |
| Elective Courses | | |
| <i>Track</i> | | |
| Select one track: | | 6 |
| Clinical Exercise Track | | |
| KINT 3342 | Cardiopulmonary Exercise Physiology | |
| KINT 4318 | Neuromuscular Physiology | |
| Personal Fitness Track | | |
| KINT 3310 | Wellness Strategies | |
| KINT 3322 | Strength & Conditioning | |
| <i>Additional Electives</i> | | |
| Select any two courses ² | | 6 |
| <i>Emphasis Area</i> | | |
| Select four courses ³ | | 12 |
| Total Hours | | 120 |

¹ Excess hours applied to Pre-Professional courses.² Please consult your advisor.³ Please consult with your advisor for options.

| Course | Title | Hours |
|--|---|-----------|
| First Year | | |
| Fall | | |
| ENGL 1301 | Composition I ¹ | 3 |
| HIST 1301 | U S History I 1763-1877 ¹ | 3 |
| KINT 1301 | Introduction to Kinesiology ¹ | 3 |
| Creative Arts ^{1, 2} | | 3 |
| COMM 1315 | Public Speaking I | 3 |
| Hours | | 15 |
| Spring | | |
| ENGL 1302 | Composition II ¹ | 3 |
| HIST 1302 | U S History II Since 1877 ¹ | 3 |
| HLTH 1370 | Health and Wellness | 3 |
| MATH 1314 | College Algebra(Non-Calculus) | 3 |
| NUTR 1322 | Basic Nutrition | 3 |
| Hours | | 15 |
| Second Year | | |
| Fall | | |
| Language, Philosophy, Culture Core (040) ^{1, 2} | | 3 |
| POLS 2301 | Intro to American Government I ¹ | 3 |
| BIOL 2401 | Anatomy and Physiology I ¹ | 4 |
| MATH 1342 | Elementary Statistical Methods | 3 |

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| KINT 2378 | Applied Fitness Concepts | 3 |
| Hours | | 16 |
| Spring | | |
| KINT 2371 | Functional Anatomy/Physiology | 3 |
| PSYC 2301 | General Psychology | 3 |
| BIOL 2402 | Anatomy and Physiology II ¹ | 4 |
| POLS 2302 | Intro/American Government II ¹ | 3 |
| Elective ² | | 3 |
| Hours | | 16 |
| Third Year | | |
| Fall | | |
| KINT 3315 | Biomechanics | 3 |
| KINT 3342 or KINT 3322 | Cardiopulmonary Exercise Physiology or Strength & Conditioning | 3 |
| KINT 3330 | Exercise Physiology | 3 |
| KINT 3130 | Exercise Physiology Lab | 1 |
| KINT 3318 | Research Methods | 3 |
| Elective ² | | 3 |
| Hours | | 16 |
| Spring | | |
| KINT 3310 or KINT 4318 | Wellness Strategies ² or Neuromuscular Physiology | 3 |
| KINT 4323 | Practicum in Exercise Science | 3 |
| HLTH 3360 | Epidemiology | 3 |
| Emphasis Course ² | | 3 |
| Emphasis Course ² | | 3 |
| Hours | | 15 |
| Fourth Year | | |
| Fall | | |
| KINT 3380 | Testing Procedures and Measurements | 3 |
| KINT 3324 | Metabolic Effects of Sport and Exercise | 3 |
| KINT 4350 | Exercise Prescription | 3 |
| Emphasis Course ² | | 6 |
| Hours | | 15 |
| Spring | | |
| KINT 4315 | Electrocardiography | 3 |
| KINT 4355 | Fitness Special Populations | 3 |
| KINT 4630 | ESFM Preceptorship | 6 |
| Hours | | 12 |
| Total Hours | | 120 |

¹ Core Curriculum Course² Students should meet with their academic advisor to choose their best option.