

# 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](mailto: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
<b>General Education Core Curriculum</b>		
<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	
DSDE 1371	ASL I	
FREN 1311	Beginning French I	
SPAN 1311	Beginning Spanish I	
<i>Mathematics</i>		
MATH 1314	College Algebra(Non-Calculus)	3

MATH 1316	Trigonometry	
<i>Life and Physical Sciences</i> <sup>1</sup>		
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	Close Reading II	
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 2304	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	Statistics	
<b>Required Major Courses</b>		
<i>Pre-Professional Courses</i>		
BIOL 2401	Anatomy and Physiology I (Lab - 1 hour) <sup>1</sup>	
BIOL 2402	Anatomy and Physiology II (Lab - 1 hour) <sup>1</sup>	
<i>Professional Program</i>		
HLTH 1370	Health and Wellness	3
HLTH 3360	Epidemiology	3

KINT 1301	Introduction to Kinesiology	3
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***Track*

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 &amp; Conditioning

*Additional Electives*Select any two courses <sup>2</sup> 6*Emphasis Area*Select four courses <sup>3</sup> 12**Total Hours** 120<sup>1</sup> Excess hours applied to Pre-Professional courses.<sup>2</sup> Please consult your advisor.<sup>3</sup> Please consult with your advisor for options.

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
ENGL 1301	Composition I <sup>1</sup>	3
MATH 1314	College Algebra(Non-Calculus) <sup>1</sup>	3
HIST 1301	U S History I 1763-1877 <sup>1</sup>	3
KINT 1301	Introduction to Kinesiology <sup>1</sup>	3
Creative Arts <sup>1,2</sup>		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
ENGL 1302	Composition II <sup>1</sup>	3
MATH 1342	Statistics (Component Option Choice) <sup>1,2</sup>	3
or PSYC 2317	or Introduction to Statistical Methods	
HLTH 1370	Health and Wellness	3
HIST 1302	U S History II Since 1877 <sup>1</sup>	3
COMM 1315	Public Speaking I <sup>1</sup>	3
<b>Hours</b>		<b>15</b>
<b>Second Year</b>		
<b>Fall</b>		
KINT 2378	Applied Fitness Concepts	3
NUTR 1322	Basic Nutrition	3
BIOL 2401	Anatomy and Physiology I <sup>1</sup>	4

Language, Philosophy, Culture Core (040) <sup>1,2</sup>		3
POLS 2301	Intro to American Government I <sup>1</sup>	3

**Hours** 16**Spring**

KINT 2371	Functional Anatomy/Physiology	3
PSYC 2301	General Psychology	3
BIOL 2402	Anatomy and Physiology II <sup>1</sup>	4
POLS 2302	Intro/American Government II <sup>1</sup>	3
Elective <sup>2</sup>		3

**Hours** 16**Third Year****Fall**

KINT 3315	Biomechanics	3
KINT 3342	Cardiopulmonary Exercise Physiology	3
or KINT 3322	or Strength & Conditioning	
KINT 3330	Exercise Physiology	3
KINT 3130	Exercise Physiology Lab	1
KINT 3318	Research Methods	3
Elective <sup>2</sup>		3

**Hours** 16**Spring**

KINT 3310	Wellness Strategies <sup>2</sup>	3
or KINT 4318	or Neuromuscular Physiology	
KINT 4323	Practicum in Exercise Science	3
HLTH 3360	Epidemiology	3
Emphasis Course <sup>2</sup>		3
Emphasis Course <sup>2</sup>		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 <sup>2</sup>		6

**Hours** 15**Spring**

KINT 4315	Electrocardiography	3
KINT 4355	Fitness Special Populations	3
KINT 4630	ESFM Preceptorship	6

**Hours** 12**Total Hours** 120<sup>1</sup> Core Curriculum Course<sup>2</sup> Students should meet with their academic advisor to choose their best option.