



**Sample 4 Year Plan  
Bachelor of Science  
Kinesiology  
Exercise Science Concentration**

|                   |           | <b>Fall Semester</b>                                |                   | <b>Spring Semester</b> |  |                   |
|-------------------|-----------|---|-------------------|------------------------|--|-------------------|
| <b>First Year</b> |           | <b>Course Information</b>                           | <b>Credit Hrs</b> |                        | <b>Course Information</b>                              | <b>Credit Hrs</b> |
|                   | <b>AP</b> | UNIV 1000 – University Success                      | 1                 | <b>AP</b>              | ENGL 1020 – English Composition II                     | 3                 |
|                   | <b>AP</b> | ENGL 1010 – English Composition I                   | 3                 | <b>AP</b>              | BIOL 2020/2021 – Human Anatomy and Physiology II w/lab | 4                 |
|                   | <b>AP</b> | BIOL 2010/2011 – Human Anatomy & Physiology I w/lab | 4                 | <b>AP</b>              | Social and Behavioral Sciences Core                    | 3                 |
|                   | <b>AP</b> | COMM 2045 – Public Speaking                         | 3                 | <b>AP</b>              | Humanities and Fine Arts Core                          | 3                 |
|                   | <b>AP</b> | MATH 1530 – Elements of Statistics                  | 3                 |                        | Elective   | 3                 |
|                   | <b>AP</b> | HHP 1250 – Wellness Concepts                        | 3                 |                        |  |                   |
|                   |           | <b>TOTAL SCH</b>                                    | <b>17</b>         |                        | <b>TOTAL SCH</b>                                       | <b>16</b>         |

|                    |           | <b>Fall Semester</b>                               |           | <b>Spring Semester</b> |   |           |
|--------------------|-----------|--|-----------|------------------------|---|-----------|
| <b>Second Year</b> | <b>AP</b> | ENGL 2330 – Topics in World Lit                    | 3         |                        | HHP 3300 – Anatomical Kinesiology             | 3         |
|                    | <b>AP</b> | History Core                                       | 3         |                        | HHP 4040 – Sports Psychology                  | 3         |
|                    | <b>AP</b> | Humanities and Fine Arts Core                      | 3         |                        | HHP 3070 – Advanced Strength and Conditioning | 3         |
|                    |           | HHP 2070 – Principles of Strength and Conditioning | 3         |                        | Elective                                      | 3         |
|                    | <b>AP</b> | History Core                                       | 3         |                        | Elective                                      | 3         |
|                    |           | <b>TOTAL SCH</b>                                   | <b>16</b> |                        | <b>TOTAL SCH</b>                              | <b>16</b> |

|                   |  | <b>Fall Semester</b>                                |           | <b>Spring Semester</b> |   |           |
|-------------------|--|---|-----------|------------------------|---|-----------|
| <b>Third Year</b> |  | HHP 4700 – Research Application in Exercise Science | 3         |                        | Extended HHP Elective                                   | 3         |
|                   |  | HHP 4250 – Physiology of Exercise                   | 3         |                        | HHP 4220 – Analysis of Movement                         | 3         |
|                   |  | HHP 3035 – Nutrition for Sport and Exercise         | 3         |                        | HHP 4350 – Fitness Assessment and Exercise Prescription | 3         |
|                   |  | Elective  | 3         |                        | Elective  | 3         |
|                   |  | Elective  | 3         |                        | Elective  | 3         |
|                   |  | <b>TOTAL SCH</b>                                    | <b>15</b> |                        | <b>TOTALSCH</b>   | <b>15</b> |

|                    |  | <b>Fall Semester</b>   |           | <b>Spring Semester</b> |                       |           |
|--------------------|--|--|-----------|------------------------|-----------------------|-----------|
| <b>Fourth Year</b> |  | Elective   | 3         |                        | Extended HHP Elective | 3         |
|                    |  | Elective   | 3         |                        | Elective              | 3         |
|                    |  | Elective   | 3         |                        | Extended HHP Elective | 3         |
|                    |  | Elective   | 3         |                        | Extended HHP Elective | 3         |
|                    |  | HHP 4550 – Pathophysiology and Exercise Prescription for Special Populations | 3         |                        |                       |           |
|                    |  | <b>TOTAL SCH</b>   | <b>15</b> |                        | <b>TOTAL SCH</b>      | <b>12</b> |

\***AP** designates General Education Core Course to be completed for your degree.

\*\*Bachelor degrees require the completion of 33 upper division (3000 – 4999) credit hours.