

Northern Kentucky University  
College of Education & Human Services  
Curriculum Contract  
**Exercise Science**

**Grade of 'C' or better is required in all major courses. 'C-' or below not accepted**

<b>I. Physical Science Courses</b>	Course Rotation	Course	Credit	Grade	Quality Pts.
Human Nutrition	F Sp Su	BIO 126	3	_____	_____
Anatomy & Physiology I w/Lab	F Sp Su	BIO 208	4	_____	_____
Anatomy & Physiology II w/Lab	F Sp Su	BIO 209	4	_____	_____
Physiological Chemistry w/ Lab	F Sp Su	CHE 115	4	_____	_____
Introduction to Physics w/Lab	F Sp Su	PHY 110	4	_____	_____

**II. Exercise Science Courses**

Introduction to Kinesiology	F Sp	KIN 125	3	_____	_____
Safety and First Aid	F Sp Su	HEA 135	3	_____	_____
Concepts of Lifetime Fitness	F Sp Su	KIN 200	2	_____	_____
Introduction to Strength and Conditioning	F Sp	KIN 260	3	_____	_____
Computer Applications for Health and Exercise Science	F	KIN 261	2	_____	_____
Introduction to Athletic Training	F	KIN 280	3	_____	_____
Anatomical Kinesiology	Sp	KIN 295	3	_____	_____
Motor Learning and Performance	F Sp	KIN 320	3	_____	_____
Motor Development	F Sp	KIN 330	3	_____	_____
Exercise Physiology	F Sp	KIN 340	4	_____	_____
Exercise Prescription	F	KIN 349	4	_____	_____
Statistics and Measurement in Kinesiology	F Sp	KIN 360	3	_____	_____
Exercise Prescription and Prog. for Special Populations	F	KIN 365	3	_____	_____
Biomechanics	F Sp	KIN 370	3	_____	_____
Clinical Exercise Physiology	Sp	KIN 380	3	_____	_____
Practicum in Exercise Science	F Sp	KIN 492	3	_____	_____
Research, Trends and Issues in Exercise Science	F	KIN 498	2	_____	_____
Internship in Exercise Science	F Sp	KIN 496	9	_____	_____
- or -					
Exercise Science Senior Synthesis	F Sp	KIN 497	3 + 6	_____	_____

*Dept. approval req'd. Must add 6 hrs. upper-division KIN or 6 hrs. of electives in area of interest.*

**III. Required Electives** Complete at least three (3) courses below:

(Minimum of 120 sem. hours, 45 upper-division sem. hours required to graduate)

Introduction to Health Appraisal and Fitness Assessment	F	KIN 342	3	_____	_____
Physical Activity and Aging	F	KIN 345	3	_____	_____
Psychology of Physical Activity	Sp	KIN 350	3	_____	_____
Sociological and Psychological Dimensions of Sport	Sp	KIN 385	3	_____	_____
Organization and Admin. of Phys. Ed., Rec. and Athletics	F	KIN 450	3	_____	_____
Pharmacology (instructor permission req'd.)	F	ATP 430	3	_____	_____
Drug and Alcohol Education	Sp Su	HEA 320	3	_____	_____
Sexuality Education	F Su	HEA 350	3	_____	_____

**IV. Free Electives**

(Minimum of 120 sem. hours, 45 upper-division sem. hours required to graduate)

(ex.: STA 205; BIO, CHE, PHY or PSY 200-level or above)

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