Exercise Science B.S.K.

Degree Requirements: 126 Credit Hours

See Core Curriculum for required courses in Area A1 through Area E.

<table>
<thead>
<tr>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>Area A1 - Communication Skills</td>
<td>Select 6 credit hours from Area A1 of the Core Curriculum</td>
</tr>
<tr>
<td>Area A2 - Quantitative Skills</td>
<td>Select 3 credit hours from Area A2 of the Core Curriculum</td>
</tr>
<tr>
<td>Area B - Global Engagement</td>
<td>Select 4 credit hours from Area B of the Core Curriculum</td>
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<tr>
<td>Area C - Humanities, Fine Arts, and Ethics</td>
<td>Select 6 credit hours from Area C of the Core Curriculum</td>
</tr>
<tr>
<td>Area D - Natural Sciences, Mathematics, and Technology</td>
<td>Select 11 credit hours from Area D of the Core Curriculum</td>
</tr>
<tr>
<td>Area E - Social Sciences</td>
<td>Select 11 credit hours from Area E of the Core Curriculum</td>
</tr>
<tr>
<td>Area F - Courses Appropriate to Major</td>
<td>Select 12 credit hours from Area F of the Core Curriculum</td>
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</tbody>
</table>

Guided Electives

- KINS 2511 Human Anatomy and Physiology I Laboratory 1
- KINS 2512 Human Anatomy and Physiology II Laboratory 1
- KINS 2531 Human Anatomy and Physiology I 3
- KINS 2532 Human Anatomy and Physiology II 3
- NTFS 2530 Nutrition and Health 3
- MATH 1112 College Trigonometry 3
- PHYS 1111 Introduction to Physics I 4
- Guided Electives 0-8

Health and Physical Education Activities

- HLTH 1520 Healthful Living 2
- Physical Education Activities 2

Orientation

- FYE 1220 First-Year Seminar 2

Major Requirements

- KINS 2535 Introduction to Exercise Science 3
- KINS 3130 Research Methods in Kinesiology 3
- KINS 3132 Foundations of Exercise and Sport Psychology 3
- KINS 3230 Motor Control, Coordination, and Skill 3
- KINS 3541 Structural Kinesiology 4
- KINS 3542 Physiological Aspects of Exercise 4
- KINS 3543 Biomechanical Analysis of Movement 4
- KINS 4130 Administrative Principles in Kinesiology 3
- KINS 4231 Fitness Evaluation and Exercise Prescription 3
- KINS 4799 Internship in Exercise Science 12

Select 15 credit hours from the following Guided Electives: 15

- KINS 3426 Coaching Baseball and Softball
- KINS 3427 Coaching Basketball
- KINS 3428 Coaching Football
- KINS 3429 Coaching Olympic Sports
- KINS 3330 Prevention of Injury and Illness in Athletic Training

Program Admission Criteria

- Admission to Georgia Southern University
- A total institution GPA of 2.0 or better on all course work attempted (transfer course work and work completed at Georgia Southern University are considered)
- Completed a minimum of 30 credit hours
- A minimum grade of "C" in all Area D and F course work attempted

To graduate with a Honors in Exercise Science, a student must:

- be in good standing in the University Honors Program at the time of graduation
- successfully complete and present an Honors Thesis or Capstone Project;
- be admitted to the University Honors Program;
- be in good standing in the University Honors Program at the time of graduation
- successfully complete and present an Honors Program at the time of graduation

If taken in Area A2 or D, use Fundamentals to complete Area F, Guided Electives.

If Introduction to Physics I (PHYS 1111) taken in Area D, then Principles of Chemistry I (CHEM 1145) or Principles of Chemistry II (CHEM 1146) required in Area F, Guided Electives.

Students can substitute courses for the internship with approval of the Undergraduate Exercise Science Program Coordinator.

To graduate with a Honors in Exercise Science, a student must:

- be admitted to the University Honors Program;
- successfully complete and present an Honors Thesis or Capstone Project;
- be in good standing in the University Honors Program at the time of graduation
- successfully complete and present an Honors Program at the time of graduation

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1. If taken in Area A2 or D, use Fundamentals to complete Area F, Guided Electives.
2. If Introduction to Physics I (PHYS 1111) taken in Area D, then Principles of Chemistry I (CHEM 1145) or Principles of Chemistry II (CHEM 1146) required in Area F, Guided Electives.
3. Students can substitute courses for the internship with approval of the Undergraduate Exercise Science Program Coordinator.
4. To graduate with a Honors in Exercise Science, a student must:
   - be admitted to the University Honors Program;
   - successfully complete and present an Honors Thesis or Capstone Project;
   - be in good standing in the University Honors Program at the time of graduation
   - successfully complete and present an Honors Program at the time of graduation

Elective

Select 3 credit hours of Electives

Total Credit Hours 126
Program Progression Requirements

- Students must earn a minimum grade of “C” in all courses in Area F and within the major requirements, including guided major electives.
- Students must also earn a minimum grade of “C” in a prerequisite course prior to registering for an advanced course.

Note: Exercise Science Majors must complete Fundamentals to include:

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<tbody>
<tr>
<td>MATH 1112</td>
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<tr>
<td>CHEM 1145</td>
</tr>
<tr>
<td>CHEM 1146</td>
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<tr>
<td>PHYS 1111</td>
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Students not able to complete Fundamentals in Areas A2, D, and F will take these courses as part of their Guided Major Electives. Students may elect to substitute Calculus I (MATH 1441) and Principles of Physics I (PHYS 2211) for Fundamentals with advisor approval. Students should take Introduction to Psychology (PSYC 1101) as one of their courses to complete Area E requirements.

Advisement

Contact the College of Health and Human Sciences Student Services Center, Room 0101, Hollis Building, (912) 478-1931, for information regarding advisement and registration.