Exercise Science B.S.K. (Emphasis in Inclusive Physical Activity)

Degree Requirements: 124 Hours

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

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>General Requirements (Core A - E)</th>
<th>Additional Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>42</td>
<td></td>
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</tr>
</tbody>
</table>

**Area F - Courses Appropriate to Major**

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>Area F - Courses Appropriate to Major</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINS 2511</td>
<td>Human Anatomy and Physiology I</td>
</tr>
<tr>
<td>KINS 2512</td>
<td>Human Anatomy and Physiology II</td>
</tr>
<tr>
<td>KINS 2531</td>
<td>Human Anatomy and Physiology I</td>
</tr>
<tr>
<td>KINS 2532</td>
<td>Human Anatomy and Physiology II</td>
</tr>
<tr>
<td>MATH 1112</td>
<td>College Trigonometry</td>
</tr>
<tr>
<td>PHYS 1111K</td>
<td>Introductory Physics I</td>
</tr>
<tr>
<td>KINS 2535</td>
<td>Introduction to Exercise Science</td>
</tr>
</tbody>
</table>

**Major Requirements**

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>KINS 3130 Research Methods in Kinesiology</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>KINS 3132 Foundations of Exercise and Sport Psychology</td>
</tr>
<tr>
<td></td>
<td>KINS 3230 Motor Control, Coordination, and Skill</td>
</tr>
<tr>
<td></td>
<td>KINS 3541 Structural Kinesiology</td>
</tr>
<tr>
<td></td>
<td>KINS 3542 Physiological Aspects of Exercise</td>
</tr>
<tr>
<td></td>
<td>KINS 3543 Biomechanical Analysis of Movement</td>
</tr>
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<td></td>
<td>KINS 4130 Administrative Principles in Kinesiology</td>
</tr>
<tr>
<td></td>
<td>KINS 4231 Fitness Evaluation and Exercise Prescription</td>
</tr>
</tbody>
</table>

**Inclusive Physical Activity Emphasis**

The Inclusive Physical Activity Emphasis will prepare students to prescribe safe and effective programming for individuals with disabilities and provide motivational support to achieve and maintain a healthy lifestyle. Students will be prepared to work in community and public health settings to improve access to exercise for all individuals as they gain a working knowledge of the American Disability Act (ADA) and policies specific to accessibility. Certifications: ACSM/NCPAD Certified Inclusive Fitness Trainer, NSCA Certified Special Populations Specialist.

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>32</td>
<td>3438</td>
<td>Principles of Personal Training</td>
</tr>
<tr>
<td></td>
<td>4099</td>
<td>Selected Topics in Kinesiology (Adapted Physical Activity II)</td>
</tr>
<tr>
<td></td>
<td>4799</td>
<td>Internship in Exercise Science</td>
</tr>
<tr>
<td></td>
<td>4099</td>
<td>Selected Topics in Kinesiology (Adapted Physical Activity I)</td>
</tr>
<tr>
<td></td>
<td>4099</td>
<td>Selected Topics in Kinesiology (Health and Physical Activity for Exceptional Youth)</td>
</tr>
</tbody>
</table>

Students then choose a minor in Public Health, Health Education and Promotion, Recreation, or Child and Family Development (15 hours)

**Total Credit Hours**

124

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**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

**Honors Program**

To graduate with 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

**Program Progression Criteria**

- 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.
- If a student receives a grade of “D” or “F” in a course listed in Area F and/or within the major requirements, the student can repeat said course no more than 2 times.
- Students must show proof of CPR/AED certification prior to completing KINS 3452.
- To be eligible for internship, students must have a total institution GPA of 2.0 or better, and completed all core curriculum and major degree requirements, earning a grade of “C” in all courses in Area F and within the major requirements, including courses taken within the tracks. Students registering for less than 12 hours of internship can take other coursework, but the coursework must be approved by the program coordinator.
- Internships must be approved by the internship coordinator.

**Note:** Exercise Science Majors must complete Fundamentals to include:

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>CHEM 1211K</td>
<td>Principles of Chemistry I</td>
</tr>
<tr>
<td>4</td>
<td>CHEM 1212K</td>
<td>Principles of Chemistry II</td>
</tr>
<tr>
<td>3</td>
<td>PSYC 1101</td>
<td>Introduction to Psychology</td>
</tr>
</tbody>
</table>

Students not able to complete Fundamentals in Areas A2, D, and F will take these courses as part of their selected emphasis area.