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.

			Credit Hours
General Requirements (Core A - E) [1]			42
Additional Requirements			4
Area F - Courses Appropriate to Major [2, 3]			18
KINS	2511	Human Anatomy and Physiology I Laboratory	
KINS	2512	Human Anatomy and Physiology II Laboratory	
KINS	2531	Human Anatomy and Physiology I	
KINS	2532	Human Anatomy and Physiology II	
MATH	1112	College Trigonometry	
PHYS	1111K	Introductory Physics I	
KINS	2535	Introduction to Exercise Science	
Major Requirements			28
KINS	3130	Research Methods in Kinesiology	
KINS	3132	Foundations of Exercise and Sport Psychology	
KINS	3230	Motor Control, Coordination, and Skill	
KINS	3541	Structural Kinesiology	
KINS	3542	Physiological Aspects of Exercise	
KINS	3543	Biomechanical Analysis of Movement	
KINS	4130	Administrative Principles in Kinesiology	
KINS	4231	Fitness Evaluation and Exercise Prescription	
Inclusive Physical Activity Emphasis			32
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.			
KINS	3438	Principles of Personal Training	
KINS	4099	Selected Topics in Kinesiology (Adapted Physical Activity II)	
KINS	4799	Internship in Exercise Science	
KINS	4099	Selected Topics in Kinesiology (Adapted Physical Activity I)	
KINS	4099	Selected Topics in Kinesiology (Health and Physical Activity for Exceptional Youth)	
Students then choose a minor in Public Health, Health Education and Promotion, Recreation, or Child and Family Development (15 hours)			
Total Credit Hours			124

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, including guided major electives, 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:

			Credit Hours
CHEM	1211K	Principles of Chemistry I	4
CHEM	1212K	Principles of Chemistry II	4
PSYC	1101	Introduction to Psychology	3

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