

# Exercise Science

**B.S. in Kinesiology degree (124 credit hours)**

**2.0 GPA req. for admission, 2.0 GPA req. for graduation**

**No Pass/Fail except for Exercise Science electives and free electives**

Effective for students matriculating August 1998 (revised 2003)

Department of Kinesiology

## Major (37-40 Credits)

### A. Required Kinesiology Courses:

- \_\_\_ 3 HPER N231 Human Nutrition (P:C101)
- \_\_\_ 3 HPER P212 Introduction to Exercise Science
- \_\_\_ 2 HPER E119 Personal Fitness
- \_\_\_ 2 HPER P280 Principles of Athletic Training & Emergency Care
- \_\_\_ 3 HPER P391 Biomechanics
- \_\_\_ 3 HPER P405 Introduction to Sport Psychology
- \_\_\_ 3 HPER P409 Basic Phsl of Exer (P:ANAT A215/P205 & PHSL P215)
- \_\_\_ 3 HPER P452 Motor Learning

### B. Select One (1) of the Following:

- \_\_\_ 3 HPER H324 Gerontology: Multi Disciplinary Perspective
- \_\_\_ 3 HPER P211 Introduction to Sport Management
- \_\_\_ 3 HPER P333 Sport in America: Historical Perspective
- \_\_\_ 3 HPER P334 Cultural Diversity in American Sport
- \_\_\_ 3 HPER P392 Sport in American Society
- \_\_\_ 3 HPER P490 Motor Development & Learning

### C. Select Two (2) of the Following:

- \_\_\_ 3 HPER P217 Methods of Group Exercise Instruction (P: E119)
- \_\_\_ 3 HPER P218 Methods of Personal Fitness Instruct (P: E119)
- \_\_\_ 2 HPER P316 Theories of Advanced Conditioning (P: E119)
- \_\_\_ 2 HPER P317 Strength Training
- \_\_\_ 3 HPER P398 Adapted Physical Education
- \_\_\_ 3 HPER P416 Corporate Fitness (P: P409)
- \_\_\_ 3 HPER P419 Fitness Testing & Interpretation (P: P409)
- \_\_\_ 3 HPER P420 Exercise Ldrshp & Prog Design For Apparently Healthy & Special Populations (P: P419)

### D. Select One (1) of the Following or 3 credits from Sections 'B' or 'C' above or a 3 Credit Hour Exercise Science Elective:

- \_\_\_ 3 HPER P448 Internship in Exercise Science
- \_\_\_ 3 HPER P491 Research in Kinesiology
- \_\_\_ 3 HPER P492 Lab Assist in Sport Science

### E. Select One (1) of the Following:

- \_\_\_ 3 BUS K201 The Computer in Business
- \_\_\_ 3 CSCI A110 Intro to Computers & Computing
- \_\_\_ 4 CSCI A201 Introduction to Programming I
- \_\_\_ 4 CSCI C211 Introduction to Computer Science
- \_\_\_ 3 HPER P200 Microcomputer Applications in Phys Ed
- \_\_\_ 3 HPER R237 Computers in Park Recreation Tour Mngt.

### F. Select 2 Credit Hours from Any of the Following: (HPER E119 does not fulfill this requirement)

- \_\_\_ 1 HPER P219 Teach Stunts and Tumbling
- \_\_\_ 2 HPER P224 Teach Dance Activities
- \_\_\_ 1-2 HPER E\_\_\_\_\_
- \_\_\_ 1-3 HPER D\_\_\_\_\_

## General Education (48 – 57 Credits)

### A. ORAL & WRITTEN COMMUNICATIONS (12 credits)

#### Required:

- \_\_\_ 3 CMCL C121 Public Speaking (not C122)

#### Select 9 credit hours from:

- \_\_\_ 3 BUS X204 Business Communications
- \_\_\_ 3 CMCL C223 Bus & Prof Communictn **OR** C323 Spch Comp
- \_\_\_ 3 ENG W103 Introduction to Creative Writing
- \_\_\_ 1 ENG W119 Critical Review Writing
- \_\_\_ 3 ENG W131 Elementary Composition 1 (C- min)
- \_\_\_ **OR** ENG W170 Projects in Read & Writing (C- min)
- \_\_\_ 3 ENG W143 Interdisciplinary Writing
- \_\_\_ 3 ENG W203 Creative Writing
- \_\_\_ 3 ENG W231 Professional Writing Skills
- \_\_\_ 3 ENG W240 Community Service Writing
- \_\_\_ 3 ENG W270 Argumentative Writing
- \_\_\_ 3 ENG W350 Advanced Expository Writing
- \_\_\_ 3 TEL T211 Writing for Electronic Media

### B. LIFE & PHYSICAL SCIENCES (24-33 Credit Hours)

- \_\_\_ 3-5 ANAT A215 Basic Hum Anat **OR** HPER P205 Struc Kines
- \_\_\_ 5 PHSL P215 Basic Human Physiology
- \_\_\_ 5 PHYS P201 General Physics 1

#### Select two (2) courses from the following:

- \_\_\_ 3 MATH M118 Finite Math **OR** A118 **OR** both D116-D117
- \_\_\_ 3 MATH M119 Brief Surv of Calc I **OR** MATH M211 Calc I (4 cr)
- \_\_\_ 3 MATH M120 Brief Surv of Calc II **OR** MATH M212 Calc II (4cr)

#### Select:

- \_\_\_ 5 CHEM C117 Principles of Chemistry & Biochemistry I

#### Or all of the following:

- \_\_\_ 3 CHEM C101 Elementary Chemistry I
- \_\_\_ 2 CHEM C121 Elementary Chemistry Laboratory I
- \_\_\_ 3 CHEM C102 Elementary Chemistry II
- \_\_\_ 2 CHEM C122 Elementary Chemistry Laboratory II

### C. SOCIAL & BEHAVIORAL SCIENCES (12 Credit Hours)

- \_\_\_ 3 ANTH A105 Human Origins **OR** ANTH E105 Cult & Society
- \_\_\_ 3 PSY K300 Statistical Techniques (or K310)
- \_\_\_ 3 PSY P101 Introductory Psychology 1 (or P151)

#### Select one course from:

- \_\_\_ 3 SOC S100 Introduction to Sociology
- \_\_\_ 3 SOC S101 Social Programs and Policies

NONE OF THE ABOVE CLASSES MAY BE TAKEN PASS/FAIL

**EXERCISE SCIENCE ELECTIVES (15 Credits) See Reverse**

## EXERCISE SCIENCE ELECTIVES (15 Credit Hours)

A maximum of two ( 2) courses in area III may be taken pass/fail.

### Choose 15 credits from below:

- \_\_\_ 5 ANAT A464 Human Tissue Biology
  - \_\_\_ 3 ANTH A303 Evolution and Prehistory
  - \_\_\_ 3 ANTH B200 Bioanthropology
  - \_\_\_ 3 ANTH B301 Bioanthropology Laboratory
  - \_\_\_ 3 ANTH B480 Human Growth and Development
  - \_\_\_ 3-5 BIOL L100 Humans & the Biological World
- OR**
- BIOL L104 Introductory Biology Lectures
- OR**
- BIOL L112 Intro to Biology: Biological Mech
  - \_\_\_ 3 BIOL L111 Intro to Biology: Evolution & Divers
  - \_\_\_ 3 BIOL L113 Biology Laboratory
  - \_\_\_ 3 BIOL L211 Molecular Biology (P: L112)
  - \_\_\_ 3 BIOL L302 Topics in Human Biology
  - \_\_\_ 3 BIOL L330 Biology of the Cell
  - \_\_\_ 3 BIOL L311 Genetics & Development
  - \_\_\_ 3 BIOL L312 Cell Biology
  - \_\_\_ 3 BIOL L313 Cell Biology Laboratory
  - \_\_\_ 5 CHEM C103 Introduction to Chemical Principles
  - \_\_\_ 5 CHEM C118 Principles of Chemistry & Biochem II
  - \_\_\_ 3 CHEM C341 Organic Chemistry I
  - \_\_\_ 3 CHEM C342 Organic Chemistry II
  - \_\_\_ 2 CHEM C343 Organic Chemistry Laboratory I
  - \_\_\_ 2 CHEM C344 Organic Chemistry Laboratory II
  - \_\_\_ 3 CHEM C360 Elementary Physical Chemistry
  - \_\_\_ 3 CHEM C483 Biological Chemistry
  - \_\_\_ 3 CHEM C485 Biosynthesis & Physiology
  - \_\_\_ 2 CLAS C209 Medical Terms from Greek & Latin
  - \_\_\_ 1.5 CSCI A111 Survey of Computers & Computing
  - \_\_\_ 1.5 CSCI A112 Programming Concepts
  - \_\_\_ 1.5 CSCI A113 Data Analysis Using Spreadsheets
  - \_\_\_ 1.5 CSCI A114 Introduction to Databases
  - \_\_\_ 1.5 CSCI A115 Using the World Wide Web
  - \_\_\_ 1.5 CSCI A116 Multimedia Communication
  - \_\_\_ 4 CSCI A202 Introduction to Programming II
  - \_\_\_ 2 CSCI A304 Introduction to C++ Programming
  - \_\_\_ 4 CSCI C212 Introduction to Software Systems
  - \_\_\_ 3 CSCI C241 Discrete Structures for Comp Science
  - \_\_\_ 4 CSCI C311 Programming Languages
  - \_\_\_ 4 CSCI C335 Computer Structures
  - \_\_\_ 4 CSCI C343 Data Structures
  - \_\_\_ 3 HPSC X200 Introduction to Scientific Reasoning
  - \_\_\_ 3 MATH M301 Applied Linear Algebra and Appl
  - \_\_\_ 3 MATH M303 Linear Algebra for Undergraduates
  - \_\_\_ 4 MATH M311 Calculus III
  - \_\_\_ 3 MATH M312 Calculus IV
  - \_\_\_ 3 PHIL P105 Thinking and Reasoning
  - \_\_\_ 3 PHIL P140 Elementary Ethics
  - \_\_\_ 3 PHIL P150 Elementary Logic
  - \_\_\_ 3 PHIL P250 Introduction to Symbolic Logic
  - \_\_\_ 3 PHIL P251 Intermediate Symbolic Logic

- \_\_\_ 5 PHYS P202 General Physics 2
- \_\_\_ 2 PHYS P302 Elementary Electronics
- \_\_\_ 4 PHSL P431 Human Physiology\*\*
- \_\_\_ 3 PSY P102 Introductory Psychology 2 (or P152)
- \_\_\_ 3 PSY P201 Biological Bases of Behavior
- \_\_\_ 3 PSY P204 Psy and Bio Bases of Human Sexuality
- \_\_\_ 3 PSY P211 Methods of Experimental Psychology
- \_\_\_ 3 PSY P303 Health Psychology
- \_\_\_ 3 PSY P315 Developmental Psychology
- \_\_\_ 3 PSY P319 The Psychology of Personality
- \_\_\_ 3 PSY P323 Industrial/Organizational Psychology
- \_\_\_ 3 PSY P324 Abnormal Psychology
- \_\_\_ 3 PSY P325 Psychology of Learning
- \_\_\_ 3 PSY P326 Behavioral Neuroscience
- \_\_\_ 3 PSY P327 Psychology of Motivation
- \_\_\_ 3 PSY P329 Sensation and Perception
- \_\_\_ 3 PSY P330 Perception/Action
- \_\_\_ 3 PSY P335 Cognitive Psychology
- \_\_\_ 3 PSY P350 Human Factors/Ergonomics
- \_\_\_ 3 PSY P405 Elementary Mathematical Psychology
- \_\_\_ 3 PSY P426 Lab in Behavioral Neuroscience
- \_\_\_ 3 PSY P435 Lab in Human Learning & Cognition

With advisor approval, other science courses may be counted as exercise science electives.

### ALL STUDENTS MUST PRESENT EVIDENCE OF CARDIOPULMONARY RESUSCITATION CERTIFICATION (CPR)

### Free Electives (11 - 23 Credit Hours)

TOTAL REQUIRED CREDIT HOURS:

|  |                 |
|--|-----------------|
| <b>KINESIOLOGY</b>                         | 37 - 40 CREDITS |
| <b>GENERAL EDUCATION</b>                   | 48 - 57 CREDITS |
| <b>Oral and Written (12)</b>               |                 |
| <b>Social Science (12)</b>                 |                 |
| <b>Life &amp; Physical Science (24-33)</b> |                 |
| <b>EXERCISE SCIENCE ELECTIVES</b>          | 15 CREDITS      |
| <b>FREE ELECTIVES</b>                      | 12 - 23 CREDITS |
| <b>TOTAL FOR GRADUATION</b>                | 124 CREDITS     |

Visit the HPER website at [www.hper.indiana.edu](http://www.hper.indiana.edu).

\*\*Recommended prior to enrollment in the IUB Clinical Exercise Physiology Master's Degree Program

For information about this major and career options, visit:  
[www.indiana.edu/~udiv/majors/majorinfo.cgi/82](http://www.indiana.edu/~udiv/majors/majorinfo.cgi/82)

