



## Bachelor of Science (BS) Kinesiology – Exercise Science Emphasis

### Disclaimer:

- ❖ This worksheet is intended for supplemental use only. The university will use your Degree Works worksheet (in my.usu.edu) to track your graduation requirements, including those for your major. Please refer to Degree Works and your primary academic advisor for accuracy.
- ❖ Course deliveries and which semesters they are traditionally offered are subject to change.
- ❖ **Please note: Students are responsible for thoroughly investigating and verifying admission requirements, including prerequisite courses, for any graduate or professional programs they plan to apply to.**

### University Minimum Graduation Requirements

- ❖ Total Credits: 120 earned credits minimum; 30 of these must be USU credits, including 10 within the major
- ❖ A GPA of 2.0 is required to be in good standing for graduation and a 2.0 GPA is required for courses taken at USU
- ❖ Total credits with C- or above: 100 credits minimum
- ❖ Upper-Division credits (3000 level or above): 40 credits minimum,
- ❖ Upper-Division credits must be completed at USU: 20 credits minimum
- ❖ **Please note: A minimum of 72 of the 120 credits for the baccalaureate degree must carry the A, A-, B, B-, C+, C, C-, D+, D designation, unless the major department or college changes this limitation.**

### Major Requirements:

- ❖ **Admission:** New Freshmen – admitted in good standing, Transfer and Current students - 2.0 overall GPA required
- ❖ **Graduation: 2.0 overall GPA required**
- ❖ All courses required for the major require a letter grade (e.g., A, A-, B+, B, B-, etc.). **Pass/Fail grading is not permitted for the major courses, excluding P.E. activity courses.**

### General Education Requirements

#### Complete all of the following:

| Breadth Requirement                 | Course            | Credits |
|-------------------------------------|-------------------|---------|
| Communications Literacy 1 (CL1)     | ENGL 1010         | 3       |
| Communications Literacy 2 (CL2)     | ENGL 2010 or 2020 | 3       |
| Quantitative Literacy (QL)          | See emphasis      | 3-5     |
| Breadth Creative Arts (BCA)         |                   | 3       |
| Breadth Humanities (BHU)            |                   | 3       |
| Breadth Life Sciences (BLS)         |                   | 3       |
| Breadth Physical Sciences (BPS)     |                   | 3       |
| Breadth Social Sciences (BSS)       |                   | 3       |
| Breadth American Institutions (BAI) |                   | 3       |
| Breadth Integrated Studies (BIS)    |                   | 3       |

### Depth Education Requirements (University Studies)

#### Complete all of the following:

| Depth Requirement                    | Course        | Credits |
|--------------------------------------|---------------|---------|
| Communications Intensive (CI)        |               | 3       |
| Communications Intensive (CI)        |               | 3       |
| Quantitative Intensive (QI)          | KIN 4400/4200 | 3       |
| Depth Humanities/Creative Arts (DHA) |               | 2       |
| Depth Social Sciences (DSS)          |               | 3       |



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### Prerequisite Courses: 11-13 credits

Complete all of the following:

| Courses   | Semester  | Credits |
|---|-----------|---------|
| BIOL 2320: Human Anatomy  | F, Sp, Su | 4       |
| BIOL 2420: Human Physiology   | F, Sp, Su | 4       |
| Math: Math 1050 or higher or STAT 1040/45 or higher or acceptable math exam score | Fa, Sp    | 3-5     |

### Professional Foundation Courses: 24 credits

Complete all of the following:

| Courses  | Semester  | Credits |
|--|-----------|---------|
| KIN 2000: Introduction to Kinesiology                                | F, Sp     | 2       |
| KIN 3000: Principles of Fitness or PE 3000: Dynamic Fitness (online) | F, Sp     | 3       |
| KIN 3100: Athletic Injuries  | F, Sp, Su | 3       |
| KIN 3250: Anatomical Kinesiology                                     | F, Sp, Su | 3       |
| KIN 4000: Mental Aspects of Sports Performance                       | F, Sp     | 3       |
| KIN 4100: Exercise Physiology  | F, Sp, Su | 4       |
| KIN 4200 (QI): Biomechanics  | F, Sp, Su | 4       |
| KIN 4400 (QI): Measurement and Evaluation in Kinesiology             | F, Sp, Su | 3       |
| KIN 5100: Fitness Assessment and Exercise Programs                   | F, Sp, Su | 4       |

### Professional Development Courses: 16 credits

Health & Kinesiology: Complete at least 3 credits

| Course  | Credits |
|---|---------|
| HEP 2000: First Aid and Emergency Care                          | 2       |
| HEP 2500: Health and Wellness                                   | 2       |
| HEP 3200: Consumer Health                                       | 3       |
| HEP 3400: Stress Management                                     | 3       |
| KIN 3200: Motor Learning and Technology in Skill Analysis       | 3       |
| KIN 5430 (CI): The History and Philosophy of Physical Education | 3       |

Biology: Complete at least 3 credits

| Course                                   | Credits |
|--|---------|
| BIOL 1010 (BLS): Biology and the Citizen | 3       |
| BIOL 1610: Biology I                     | 3       |
| BIOL 1615: Biology I Lab                 | 1       |
| BIOL 1620: Biology II                    | 3       |
| BIOL 1625: Biology II Lab                | 1       |
| BIOL 2060: Elementary Microbiology       | 4       |
| BIOL 3060 (QI): Principles of Genetics   | 3       |
| BIOL 3300: General Microbiology          | 4       |

Chemistry: Complete at least 3 credits

| Course                                      | Credits |
|---|---------|
| CHEM 1010 (BPS): Introduction to Chemistry  | 3       |
| CHEM 1110 (BPS): General Chemistry I        | 4       |
| CHEM 1120 (BPS): General Chemistry II       | 4       |
| CHEM 1210: Principles of Chemistry          | 4       |
| CHEM 1220 (BPS): Principles of Chemistry II | 4       |



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**Integrated Courses:** Complete at least 7 credits

| Course   | Credits |
|--|---------|
| NDFS 1020 (BLS): Science and Application of Human Nutrition      | 3       |
| NDFS 2030: Nutrition and Physical Performance                    | 2       |
| PHYS 1100 (BPS): Great Ideas in Physics                          | 3       |
| PHYS 1200 (BPS): Introduction to Physics by Hands-on Exploration | 4       |
| PHYS 2110: General Physics – Life Sciences I                     | 4       |
| PHYS 2120 (BPS): General Physics – Life Sciences II              | 4       |
| PSY 1010 (BSS): General Psychology                               | 3       |
| PSY 2100: Developmental Psychology Adolescence                   | 3       |
| PSY 2300: Psychological Disorders                                | 3       |
| PSY 3010: Psychological Statistics (QI)                          | 3       |

**Suggested Degree Map**

[Kinesiology: Exercise Science Emphasis BS - 4 Year Degree Map](#)

**Prerequisites for Major & Elective Coursework**

**Please verify all course prerequisite information in the university catalog at <https://catalog.usu.edu/> and the academic advisor.**

**Skill Development Courses:** Complete at least 3 credits

| Course  | Credits |
|---|---------|
| KIN 2100: Skills 1 (Swimming, Volleyball, Football)   | 1       |
| KIN 2200: Skills 2 (Lifetime Activities)  | 1       |
| KIN 2300: Skills 3 (Softball, Basketball, Soccer)   | 1       |
| KIN 2400: Skills 4 (Tennis, Badminton, Track and Field)   | 1       |
| PE 1000-2120: Any three P.E. DIFFERENT activity courses (cannot repeat the same course for the major) | 1-3     |

**Open Electives:** 0-28 estimated credits

Total elective credit is determined by General Education courses taken, degree type selected, additional credits earned, and any additional math or other prerequisite courses needed. Please consult your Academic Advisor for details.