# Utah State University
Department of Kinesiology and Health Sciences
Kinesiology: Exercise Science emphasis 2022-2023 Catalog

## GENERAL EDUCATION and UNIVERSITY STUDIES

<table>
<thead>
<tr>
<th>Competency Requirements</th>
<th>Breadth Requirements (1000 or 2000 level course)</th>
<th>Depth Education Requirements (3000+ level course)</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ CL1: ENGL 1010</td>
<td>☐ Creative Arts (BCA) ________________________</td>
<td>☐ Communications Intensive (CI) ____________</td>
</tr>
<tr>
<td>☐ CL2: ENGL 2010</td>
<td>☐ Humanities (BHU) _________________________</td>
<td>☐ Communications Intensive (CI) ____________</td>
</tr>
<tr>
<td>☐ QL: Any of the following: MATH 1050 or MATH 1100, STAT 1040, STAT 1045, or acceptable AP, CLEP, IBO, ACT, or SAT score</td>
<td>☐ Life Sciences (BLS) ______________</td>
<td>☐ Quantitative Intensive (QI) KIN 4200/4400</td>
</tr>
<tr>
<td></td>
<td>☐ Physical Sciences (BPS) __________</td>
<td>☐ Humanities and Arts (DHA) __________</td>
</tr>
<tr>
<td></td>
<td>☐ Social Sciences (BSS) ___________</td>
<td>☐ Social Science (DSS) ___________</td>
</tr>
<tr>
<td></td>
<td>☐ American Institutions (BAI) __________</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Integrated: Any BAI, BHU, BCA, BSS, BPS, BLS course____________</td>
<td>For specific courses that fulfill Breadth and Depth requirements, please consult the USU Catalog.</td>
</tr>
</tbody>
</table>

### Additional Graduation Requirements:
- Total credits: 120 credits minimum
- Total credits C- or better: 100 cr
- Upper-division credits (3000 level or above): 40 credits
- USU credits (20 upper-division, 10 req. by major): 30 credits
- USU GPA: 2.0 or better; Overall GPA: **2.75 or better**

**Note:** Requirements for graduation can be tracked in DegreeWorks. Students are responsible for all major/minor requirements and should familiarize themselves with course prerequisites. For more information, e-mail us at KHSadvising@usu.edu. For an appointment go to: cehs.usu.edu/advising

## MAJOR REQUIREMENTS (Total credits: 56)

New freshmen, transfer students, and students from other USU majors who have at least a **2.75 overall GPA**, qualify to enter the Kinesiology: Exercise Science major. Students must also have a **2.75 overall GPA** to graduate. All courses required for the major must be taken for a letter grade. Please note, course delivery and when courses are offered are subject to change. For specifics, please consult in College Scheduler, the USU Catalog, and/or discuss your schedule with your advisor.

### A. Prerequisites: 11-13 credits

**Must complete all of the following:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem.</th>
<th>Cr.</th>
<th>Prerequisite/notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ BIOL 2320 Human Anatomy</td>
<td>Sp, Su</td>
<td>4</td>
<td>Note: also taught in Brigham City all semesters. Background in human biology recommended.</td>
</tr>
<tr>
<td>☐ BIOL 2420 Human Physiology</td>
<td>F, Sp, Su</td>
<td>4</td>
<td>See USU catalog.</td>
</tr>
<tr>
<td>☐ Math requirement STAT 1040 or 1045, or MATH 1050 or higher, or acceptable Math exam scores.</td>
<td>F, Sp, Su</td>
<td>3 to 5</td>
<td>See USU Catalog for prerequisites. May include Math Placement Exam if prerequisite is more than 3 semesters old.</td>
</tr>
</tbody>
</table>

### B. Professional Foundations: 26 credits

<table>
<thead>
<tr>
<th>Course</th>
<th>Sem.</th>
<th>Cr.</th>
<th>Prerequisite/notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ KIN 2000 Intro to Kinesiology</td>
<td>F, Sp</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>☐ KIN/PE 3000 Principles of Fitness/Dynamic Fitness</td>
<td>F, Sp</td>
<td>3</td>
<td>PE 3000 is online version.</td>
</tr>
<tr>
<td>☐ KIN 3100 Athletic Injuries</td>
<td>F, Sp, Su</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>☐ KIN 3250 Anatomical Kinesiology</td>
<td>F, Sp, Su</td>
<td>3</td>
<td>BIOL 2320</td>
</tr>
<tr>
<td>☐ KIN 4100 Exercise Physiology</td>
<td>F, Sp, Su</td>
<td>4</td>
<td>See USU catalog</td>
</tr>
<tr>
<td>☐ KIN 4200 (QI) Biomechanics</td>
<td>F, Sp, Su</td>
<td>4</td>
<td>See USU catalog. KIN 3250 must be taken BEFORE KIN 4200.</td>
</tr>
<tr>
<td>☐ KIN 4400 (QI) Evaluation in Kinesiology</td>
<td>F, Sp, Su</td>
<td>3</td>
<td>See USU catalog. Completion of a statistics or math course is recommended first.</td>
</tr>
<tr>
<td>☐ KIN 5100 Fitness Assessment &amp; Exercise Programs</td>
<td>F, Sp, Su</td>
<td>4</td>
<td>See USU catalog. KIN 4100 must be taken BEFORE KIN 5100.</td>
</tr>
</tbody>
</table>
### C. Professional Development: 16 credits

#### Area 1: Kinesiology & Health (3 credits minimum)
- **HEP 2000** | First Aid & Emergency Care | F, Sp | 2
- **HEP 2500** | Health and Wellness | F, Sp, Su | 2
- **HEP 3200** | Consumer Health | F, Sp, Su | 3
- **HEP 3400** | Stress Management | F, Sp, Su | 3
- **KIN 4000** | Mental Aspects of Sport Performance | F, Sp | 3
- **KIN 5430 (CI)** | History & Philosophy of PE | F, Sp, Su | 3

#### Area 2: Biology (3 credits minimum)
- **Biol 1010 (BLS)** | Biology and the Citizen | F, Sp, Su | 3
- **Biol 1610 and BIOL 1615** | Biology I | F | 4
- **Biol 1620 and BIOL 1625 (BLS)** | Biology II | Sp | 4
- **Biol 2060** | Elementary Microbiology | F | 4
- **Biol 3060 (QI)** | Principles of Genetics | F, Sp | 3
- **Biol 3300** | General Microbiology | F, Sp | 4

#### Area 3: Chemistry (3 credits minimum)
- **Chem 1010 (BPS)** | Introduction to Chemistry | F, Sp | 3
- **Chem 1110 (BPS)** | General Chemistry I | F, Sp | 4
- **Chem 1120 (BPS)** | General Chemistry II | Sp | 4
- **Chem 1125** | General Chemistry II Laboratory | Sp | 1
- **Chem 1210** | Principles of Chemistry I | F, Sp, Su | 4
- **Chem 1215** | Chemistry Principles Laboratory I | F, Sp | 1
- **Chem 1220 (BPS)** | Principles of Chemistry II | F, Sp, Su | 4
- **Chem 1225** | Principles of Chemistry II Laboratory | F, Sp, Su | 1

#### Area 4: Integrated Courses (7 credits minimum)
- **NDFS 1020 (BLS)** | Science/Application of Human Nutrition | F, Sp, Su | 3
- **NDFS 2030** | Nutrition and Physical Performance | TBA | 2
- **Phys 1100 (BPS)** | Great Ideas in Physics | Sp | 3
- **Phys 1200 (BPS)** | Intro to Physics by Hands on Exploration | F, Sp | 4
- **Phys 2110** | General Physics - Life Sciences I | F | 4
- **Phys 2120 (BPS)** | General Physics - Life Sciences II | Sp | 4
- **Psy 1010 (BSS)** | General Psychology | F, Sp, Su | 3
- **Psy 2100** | Developmental Psychology: Adolescence | F, Sp | 3
- **Psy 3010 (QI)** | Psychological Statistics | F, Sp, Su | 3
- **Psy 3210 (DSS)** | Psychological Disorders | F, Sp, Su | 3

### D. KIN Skill Development and/or PE Activity Courses (3 credits minimum)
- **KIN 2100** | Skills 1 (Swimming, Volleyball, Football) | F, Sp | 1
- **KIN 2200** | Skills 2 (Lifetime Activities) | F, Sp | 1
- **KIN 2300** | Skills 3 (Softball, Basketball, Soccer) | F | 1
- **KIN 2400** | Skills 4 (Tennis, Badminton, Track & Field) | F, Sp | 1
- **PE 1000-2120** | Any 3 PE DIFFERENT courses | F, Sp | 1

Disclaimer: This worksheet is intended to be used as a guide only. Check www.catalog.usu.edu for degree and prerequisite requirements. Consult with the academic advisor for additional guidance and information. Revised 5/2022.