

## Health, Sport, and Exercise Sciences Exercise Science (Lawrence)

(Effective Fall 2016)

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- Admission is competitive. Completion of minimum requirements does not guarantee admission.
- Cumulative GPA of 2.75 required (including transfer hrs); 2.75 GPA also required for admission requirements.
- Effective Fall 2014, transfer grades of "D" or below will not be accepted.
- Minimum of 30 credit hrs required for admission. All courses must be completed for graduation (at least 120hrs).
- Consult a School of Education advisor for enrollment and course substitution.
- Application deadline is February 1 and mid-September. Check <u>www.soe.ku.edu</u> for more information.
- The Exercise Science program prepares individuals for careers in physical therapy, cardiac rehabilitation, and strength and conditioning.

Admission Requirements must be taken during or completed prior to the application process.

| Admission Requirements  | (2.75 GPA required) | Course Title                                   | Credits |
|-------------------------|---------------------|--|---------|
| ENGL 101 <sup>1</sup>   | (Min grade of "C")  |  | 3       |
| ENGL 102 <sup>2</sup>   | (Min grade of "C")  | Critical Reading and Writing                   | 3       |
| MATH 101                | (Min grade of "C")  | College Algebra                                | 3-5     |
| or                      |                     | or   |         |
| MATH 104, **115, or 121 |                     | Pre-calculus Math or Calculus                  |         |
| COMS 130 <sup>3</sup>   | (Min grade of "C")  | Speaker-Audience Communication                 | 3       |
| PSYC 104⁴               |                     | General Psychology                             | 3       |
| BIOL 1005 and BIOL 102  |                     | Principles of Biology and Biology Lab          | 4       |
| or                      |                     | or   |         |
| BIOL 150                |                     | Principles of Molecular and Cellular Biology   |         |
| *BIOL 240               |                     | Human Anatomy                                  | 3       |
| *BIOL 246               |                     | Principles of Human Physiology                 | 3       |
| HSES 269                |                     | Introduction to Exercise Science (Fall/Spring) | 3       |

<sup>\*</sup>Lab is also required for graduation (BIOL 241, BIOL 247).

## General Education Requirements can be taken prior to admission.

| General Education                                     | Course Title   | Credits | Rotation      |
|---|--|---------|---------------|
| PHIL 160 <sup>6</sup> <b>or</b> PHIL 676 <sup>6</sup> | Intro to Ethics or Medical Ethics: Life & Death Issues       | 3       |               |
| BIOL 241  | Human Anatomy Observation Lab                                | 2       |               |
| BIOL 247  | Principles of Human Physiology Lab                           | 2       |               |
| HSES 330  | Principles of Nutrition and Health                           | 3       |               |
| CHEM 130 <sup>7</sup>                                 | General Chemistry I  | 5       |               |
| CHEM 135  | General Chemistry II   | 5       | Spring/Summer |
| *MATH 103   | Trigonometry (*NOT needed if student has 104,115,121 or 141) | 2       | Fall Only     |
| PHSX 114 <sup>10</sup>                                | College Physics I (Prereq. MATH 103)                         | 4       |               |
| PHSX 115  | College Physics II   | 4       |               |
| BIOL 200  | Basic Microbiology   | 3       | Spring        |
| BIOL 203  | Basic Microbiology Lab                                       | 2       | Spring        |
| Humanities Elective <sup>8</sup>                      | Any course meeting KU Core Goal 3: Arts & Humanities         | 3       |               |
| Social Science Elective9                              | Any Soc Sci meeting KU Core Goal 4: LO 2 (Global Awareness)  | 3       |               |

Total Hours: 39-41

Total Hours: 28-30

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<sup>\*\*</sup>Students taking 3 credits of MATH may need to take an additional 2 cr. to complete 120 hrs for graduation.

## Post-Admission Requirements can only be taken after admission.

| Post-Admission                                | Course Title  | Credits | Rotation |
|---|---|---------|----------|
| HSES 305                                      | Methods of Strength Training & Conditioning   | 3       | Spring   |
| HSES 310                                      | Research and Data Analysis in HSES  | 3       | Fall     |
| HSES 350                                      | Care and Prevention of Athletic Injuries  | 3       | Fall     |
| HSES 369                                      | Kinesiology (prerequisite BIOL 240)   | 3       | Fall     |
| HSES 375                                      | Neuromuscular Exercise Physiology and Motor Control   | 3       | Spring   |
| HSES 470                                      | Biomechanics (prerequisite BIOL 240)  | 3       | Spring   |
| HSES 472                                      | Exercise Physiology (prerequisite BIOL 246)   | 3       | Fall     |
| HSES 473 <sup>12</sup>                        | Clinical Fitness Eval. Techniques (prerequisite HSES 472)                                     | 3       |          |
| HSES 474                                      | Exercise Biochemistry (prerequisite HSES 472)   | 3       | Spring   |
| HSES 480 <sup>11</sup>                        | Phys Activ & Ex Mgmt for Individuals with Disabilities  | 3       | Fall     |
| *Required Elective                            | See list below (PSYC 333 required for Pre-PT)   | 3       |          |
| *Required Elective                            | See list below (PSYC 350 required for Pre-PT)   | 3       |          |
| **HSES 580 <b>or</b><br>15 hours of Electives | Internship in Exercise Science <b>or</b> 15 hours from Approved HSES Elective Options (below) | 15      |          |

Total Hours: 51

## \*Required/Approved Elective Options:

**ABSC**: 160 **BIOL**: 600, 601

BUS: ACCT 205/200, IST 205/202, MGMT 305/310, MKTG 305/310, FIN 305/310, SCM 305/310

CHEM: 330, 331, 335, 336

**HSES:** 306, 331, 335, 370, 380, 381, 385, 418, 440, 475, 484, 485, 489, 497

**MATH:** 365 **PSYC:** 333, 350

\*\*Internships must be completed at an approved site within a 50-mile radius of Lawrence, KS. Students who have a 3.0 (or greater) cumulative GPA may petition to complete the internship at an approved site beyond the 50-mile radius. All coursework must be completed before the internship is approved. A 2.75 cumulative GPA is required before one can apply for an internship. Internship students are required to be present at the internship site a minimum of 40 hours per week for 15 weeks.

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<sup>1</sup>Meets KU Core Goal 2: Learning Outcome 1 – Unit 1 (Written Communication)
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<sup>&</sup>lt;sup>2</sup>Meets KU Core Goal 2: Learning Outcome 1 – Unit 2 (Written Communication)

<sup>&</sup>lt;sup>3</sup>Meets KU Core Goal 2: Learning Outcome 2 (Oral Communication)

<sup>&</sup>lt;sup>4</sup>Meets KU Core Goal 3: Social Science

<sup>&</sup>lt;sup>5</sup>Meets KU Core Goal 3: Natural Science

<sup>&</sup>lt;sup>6</sup>Meets KU Core Goal 5: Ethics

<sup>&</sup>lt;sup>7</sup>Meets KU Core Goal 1: Learning Outcome 2 (Quantitative Literacy)

<sup>&</sup>lt;sup>8</sup>Meets KU Core Goal 3: Arts & Humanities

<sup>&</sup>lt;sup>9</sup>Meets KU Core Goal 4: Learning Outcome 2 (Global Awareness)

<sup>&</sup>lt;sup>10</sup>Meets KU Core Goal 1: Learning Outcome 1 (Critical Thinking)

<sup>&</sup>lt;sup>11</sup>Meets KU Core Goal 4: Learning Outcome 1 (Diversity)

<sup>&</sup>lt;sup>12</sup>Meets KU Core Goal 6: Capstone