# KU School of Education
## Exercise Science Major
### Bachelor’s Degree Program Guide

**Program Admission Requirements**
- ENGL 101 & 102
- MATH 101
- COMS 130
- PSYC 104

**General Education Requirements**
- PHIL 160
- BIOL 241
- BIOL 247
- HSES 330
- CHEM 130
- CHEM 135

**Exercise Science Program Requirements**
- HSES 375
- HSES 310
- HSES 350
- HSES 369
- HSES 305
- HSES 470
- HSES 472

**Select Elective Requirement Options**
- BIOL 600
- CHEM 310
- CHEM 330
- CHEM 331
- CHEM 335
- CHEM 336

- BIOL 100 & 102
- BIOL 240
- BIOL 246
- HSES 269

- PHSX 114
- PHSX 115
- BIOL 200 & 203 or 400 & 402
- MATH 103
- Humanities Requirement
- Global Awareness Requirement

- HSES 473
- HSES 474
- HSES 480
- HSES 580 (or Elective Path)
- Approved Elective #1
- Approved Elective #2

- ABSC 160
- PSYC 333 (Pre-PT requirement)
- PSYC 350 (Pre-PT requirement)
- Approved Elective #3
- Minor Courses

*Requirements for the Exercise Science bachelor’s degree program fulfill the KU Core Goals
  kucore.ku.edu*
## Exercise Science Major

### Freshman Year

**Fall Semester**
- Composition (ENGL 101)
- College Algebra (MATH 101)
- Speaker-Audience Comm (COMS 130)
- Principles of Biology & Lab (BIOL 100/102)
- Intro to Ethics (PHIL 160)

**Spring Semester**
- General Psychology (PSYC 104)
- Critical Reading & Writing (ENGL 102)
- Human Anatomy & Lab (BIOL 240/241)
- Humanities Requirement

### Sophomore Year

**Fall Semester** *(Apply for SOE admission)*
- Principles of Human Physiology & Lab (BIOL 246/247)
- Intro to Exercise Science (HSES 269)
- General Chemistry I (CHEM 130)
- Trigonometry (MATH 103)

**Spring Semester**
- General Chemistry II (CHEM 135)
- Basic Microbiology & Lab (BIOL 200/203)
- Nutrition & Health (HSES 330)
- Neuromuscular Exercise Physiology & Motor Control (HSES 375)
- Approved Elective #1

### Junior Year

**Fall Semester**
- Research & Data Analysis in HSES (HSES 310)
- Care & Prevention of Athletic Injuries (HSES 350)
- Exercise Physiology (HSES 472)
- College Physics I (PHSX 114)
- Global Awareness Requirement

**Spring Semester** *(Physical science lec/lab in Sum)*
- College Physics II (PHSX 115)
- Biomechanics (HSES 470)
- Exercise Biochemistry (HSES 474)
- Methods of Strength Training & Conditioning (HSES 305)
- Approved Elective #2

### Senior Year

**Fall Semester**
- Clinical Fitness Evaluation Techniques (HSES 473)
- Physical Activity & Exercise Management for People w/ Disabilities (HSES 480)
- Kinesiology (HSES 369)
- Approved Elective #3

**Spring Semester**
- Internship (HSES 580)
- OR Elective Path*

*15 credit hours of approved HSES elective courses may be taken in place of HSES 580. See academic advisor for more details.*

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**Learn more:**
[hses.ku.edu/exercise](http://hses.ku.edu/exercise)

**120 credit hours (min.)**
[soeadvising@ku.edu](mailto:soeadvising@ku.edu)

Please note: This is only a sample plan of study. Please consult with your academic advisor before enrolling.