

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



## Program Admission Requirements

- ENGL 101 & 102
- MATH 101
- COMS 130
- PSYC 104
- BIOL 100 & 102
- BIOL 240
- BIOL 246
- HSES 269

## General Education Requirements

- PHIL 160
- BIOL 241
- BIOL 247
- HSES 330
- CHEM 130
- CHEM 135
- PHSX 114
- PHSX 115
- BIOL 200 & 203 or 400 & 402
- MATH 103
- Humanities Requirement
- Global Awareness Requirement

## Exercise Science Program Requirements

- HSES 375
- HSES 310
- HSES 350
- HSES 369
- HSES 305
- HSES 470
- HSES 472
- HSES 473
- HSES 474
- HSES 480
- HSES 580 (or Elective Path)
- Approved Elective #1
- Approved Elective #2

## Select Elective Requirement Options

- BIOL 600
- CHEM 310
- CHEM 330
- CHEM 331
- CHEM 335
- CHEM 336
- 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](http://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.*

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