

**Department of Kinesiology
SUGGESTED COURSE LOADS**

EXERCISE SCIENCE

FIRST YEAR – SEMESTER 1

BCC 100 Freshman Seminar	1
COM 203 or 204	3
Humanities	3
KIN 201 Intro. to Exercise Science	1
KIN 221 Survey of Wellness	1
RHW 102 First Year Seminar in Writing	4
Social and Behavioral Sciences	3
Credit Hours	16

SECOND YEAR – SEMESTER 1

BIO 206 Human Anatomy/Physiology I	4
CHM 108 or PHY 111	4
Humanities	3
KIN 380 Nutrition	3
Social and Behavioral Science	3
Credit Hours	17

FIRST YEAR – SEMESTER 2

BIO 111 Principles of Cell Biology	4
Humanities	3
KIN Activity	1
Major Elective Course	3
MAT Foundations Course	3
Social and Behavioral Sciences	3
Credit Hours	17

SECOND YEAR – SEMESTER 2

Art Foundations Course	3
BIO 207 Human Anatomy/Physiology II	4
CHM 109 or PHY 112	4
Intercultural Foundations Course	3
Major Elective	3
Credit Hours	17