

## 2021-23 Catalog

### Course of Study for B.S. – Exercise Science – M.S. Exercise Physiology - “3 + 1” Plan of Study

- +Courses that meet SAU General Education Requirements.
- Order of courses taken can be varied. Choice of general education electives can be varied in consultation with undergraduate advisor.
- Students entering the SAU 3 + 1 MSEP program after their junior year may make the following substitutions in the first year if the MSEP program (4<sup>th</sup> year undergraduate): **KIN 600**- Research Methods is an acceptable substitute for **KIN 440**- Senior Research I. **KIN 608** – Exercise Biochemistry will substitute for **KIN 560**- Special Topics.
- This plan assumes the foreign language requirements as stated in the SAU University catalog have been met, if not met, requirements may be met in other ways (e.g. study abroad, summer coursework), please see your advisor..
- Students will apply for December graduation during Fall of fourth year
- Completion of general education requirements are to be completed by Fall of fourth year.

First Year					
<i>Fall</i>	Credit	Co/Pre-req	<i>Spring</i>	Credit	Pre-req
+BIOL 199 or CHEM 105	4	MATH 171	+BIOL 200 or CHEM 106	4	BIOL 199
KIN 101 – Foundations of Kinesiology	2		+PSYC 105 Intro to Psychology	3	
+MATH 171 – Elementary Functions	3		+PHIL 101, 201, 207, 208, 210, 217	3	
+THEO 101 (DEI-2)	3		+COMM 129, 132, 203, 228, 329	3	
+ENGL 101 – Written Communication	3		+IL 101 Information Literacy	1	
+KIN 149- Wellness Concepts	1		+Humanities Elective - Dept 1 (DEI-1)	3	
Total Credits	16		Total Credits	17	
Second Year					
<i>Fall</i>	Credit	Pre-req	<i>Spring</i>	Credit	Pre-req
STAT 213-Applied Statistical Reasoning	3	MATH 171	BIOL 232 – Human Anat.&Phys. II	4	BIOL 230
BIOL 230 – Human Anatomy & Phys. I	4	One of BIOL 101, 199, 112, CHEM 103 or 105	+CHEM 106 or BIOL 200	4	CHEM 105, MATH 171/ BIOL 199
+CHEM 105 or BIOL 199	4	MATH 171	KIN 282 Health, Illness, and Well-Being Across the Lifespan	3	KIN 101
+Creative Arts Elective	2-3		KIN 216 Exercise & Sport Psych	3	PSYC 105, KIN 101
+Humanities Elective – Dept 2	3		#KIN WI-240 Nutrition Concepts	3	**ENGL 101
Total Credits	16-17		Total Credits	16	
Third Year					
<i>Fall</i>	Credit	Pre-req	<i>Spring</i>	Credit	Pre-req
PHYS 203 – College Physics I	4	MATH 171	PHYS 204 – College Physics II	4	PHYS 203
KIN 361 Functional & Structural Kines.	3	**BIOL 230 or **BIOL 205	KIN 350 or KIN 392 Strength & Cond. or Exer Rx	3	**KIN WI-390 or **WI-366; Rec. KIN 361
#KIN WI-390/390L Exercise Physiology	4	**ENGL 101 **BIOL 232	+PHIL/THEO/Catholic Studies Elective 300-level	3	STAT 213, **KIN 390
+PHIL/THEO/Catholic Studies Elective	3		Elective (Recommend KIN 400-level)	3	
PSYC 255, 324, 350, 360, or 402	3		Elective	3	
Total Credits	17		Total Credits	16	
<b>Required to apply to grad program by 1/31, notified in February of acceptance</b>					
Total = 98-99 credits, not including 6 credits for foreign language, if required					
3 years of language in high school required or 2 semesters in college					
# If not taken at SAU to satisfy writing intensive, must add WI course(s)					
+Meets General Education Requirement **C or better					

**Student will need to have at least 100 credit hours by end of Spring third year** (97 if completing KIN 560 in Summer 1). Additional credits can be taken Winter or summer, or brought in as dual credit courses from high school

Summer 1 (Program start)	
Course	Credits
KIN 600- Research Methods (replace KIN 440)	3
KIN 602- Statistics in Exercise Science	3
# KIN 560- Special Topics (dual credit UG/Grad)	3
<b>Total</b>	<b>6 - 9</b>

Fourth Year			
Fall		Spring	
Course	Credits	Course	Credits
KIN 625- Advanced Physiology	5	KIN 610- Seminar in Exercise Science	2
KIN 608- Exercise Biochemistry (UG credit)	3	KIN 615- Advanced Exercise Physiology	3
KIN 510/512/560 (dual credit UG/Grad)	3	KIN 509/510/512/560	3
<i>Elective (if needed for credit hours)</i>	1-3	KIN 509/510/512/560	3
		*KIN 620- Independent study	1
<b>Total</b>	<b>11-14</b>	<b>Total</b>	<b>11-12</b>

\* KIN 620 is required for students completing a thesis

Summer 2	
Course	Credits
KIN 650 or 660- Comp. Exam or Thesis	4
# KIN 560- Special Topics	3
<b>Total</b>	<b>4-7</b>

# KIN 560 will have to be completed during either Summer 1 or Summer 2 depending on course offerings

Classes available for dual credit with undergraduate and graduate programs of study (9 credit hours):

- KIN 600 (replace KIN 440)- 3 credit hours
- Two of the following - 6 credit hours
  - KIN 510
  - KIN 509
  - KIN 512
  - KIN 560
  - KIN 608

This plan allows for students to graduate with their undergraduate degree in December of their fourth year.