University of Indianapolis – *College of Health Sciences*
2025-2026 Curriculum Guide for Exercise Science (EXSC): 3 Year Pattern
Bachelor of Science

Freshman Year

Semester I

- **INTD 101** New Student Experience (1)
- **KINS 101** Wellness/Fitness for a Lifetime (1)
- **ENGL 101** Intro to College Writing (3)
- **MATH 180** College Algebra and Trigonometry (4)
- **BIOL 103** Principles of Human Anatomy (4) *(Prerequisite: Math proficiency through MATH-090; MATH 105)*
- **FYS XXX** See General Core Requirements
- **CHEM 150** General Chemistry I (3)
- **CHEM 151** General Chemistry Lab I (1)
  [Prerequisite: Math Placement=190 or higher, or MATH 180, plus Chem Proficiency]

Semester II

- **BIOL 104** Principles of Human Physiology (4)
  (Prerequisite: Math proficiency through MATH-090; MATH 105) Satisfies ***Natural Sciences*** *area of the general education core*
- **KINS 245** Introduction to Exercise Physiology and Performance (4)
  [Prerequisite: BIOL 103]
- **KINS 190** Intro. to Kinesiology, Health, and Sport Sciences (2) **OR**
- **KINS 315** Professional Seminar in Exercise Science (2) [if transfer Jr. or Sr. year]
- **PHYS 150** General Physics I (4) [Prerequisite: MATH 180]
- **KINS 249** Basic Nutrition (2)

Sophomore Year

Semester I

- **KINS 280** Sport, Exercise, and Health Behavior (3)
  [Prerequisite: KINS 190 or KINS 315 or instr. permission]
- **KINS 350** Exercise Physiology (4)
  [Prerequisite: BIOL 103, BIOL 104, CHEM 150/151, KINS 245]
- **KINS 410** Motor Control and Biomechanics (4)
  [Prerequisite: BIOL 103, 104, PHYS 150, KINS 245] *Satisfies the* ***Writing and Speaking Across the Curriculum*** *requirement of the general education core*
- **KINS 251** Sports Nutrition (3)
  [Prerequisite: BIOL 103 and 104, CHEM 150/151]

Semester II

- **KINS 325** Group Exercise Leadership and Programming (3)
  [Prerequisites: KINS 190 or KINS 315, BIOL 103]
- **KINS 470** Exercise Science Lab (4)
  [Prerequisite: KINS 350, KINS 410, CPR and First Aid certification required]
- **KINS 490** Exercise Prescription (3) [Prerequisite: KINS 350, KINS 410]

Junior Year

Semester I

- **KINS 356** Exercise Science Programming and Management (3) [Prerequisites: KINS 280, KINS 325]; *Satisfies the **Experiencing Cultural Differences** requirement*
- **KINS 376** Strength and Conditioning (3) [Prerequisites: KINS 350, KINS 470, KINS 490] **OR**
- **KINS 406** Clinical Exercise Physiology [Prerequisites: KINS 350, KINS 470, KINS 490]
- **KINS 485** Readings and Practical Experience in Exercise Science (1) **OR** [Prerequisite: KINS 490]
- **KINS 487** Readings and Practical Experience in Strength and Conditioning (1) [Prerequisites: KINS 490]
- **INTD 202** Lecture/Performance Series (.5)

Semester II

- **KINS 395** Professional Experience in Exercise Science (6-12); *All courses required for the exercise science major must be completed with "C" or better before KINS 395* [Prerequisite: KINS 280, KINS 350, KINS 356, KINS 376 or KINS 406, KINS 410, KINS 470, KINS 485 or 487, KINS 490,] *Satisfies the **Capstone** requirement of the general education core*

Total Credit Hours in Major: 61

- The Bachelor of Science degree requires a minimum of 120 hours. See the Curriculum Guide for the General Education Core for additional approved courses.
- A grade of C or higher is required for all courses in the Exercise Science major to graduate.
- Students are encouraged to communicate regularly with financial aid, as an early graduation can impact eligibility for aid during year 1 of graduate school.
- Exercise Science majors must be CPR/First Aid certified before taking KINS 470.
- Prior to entrance to UIndy, it is expected that students wishing to become Exercise Science majors will have had (in high school) math through pre-calculus, 2 semesters each of chemistry and biology, at least 1 semester of physics and 2 years of the same modern foreign language. Students without this experience (or who have performed poorly in these classes) can expect to take remedial classes which will likely cause the degree to take longer than 4 years to achieve.

REMEMBER: If you have any questions about the Exercise Science requirements, contact your faculty or academic advisor. Courses and requirements sometimes change, so keep in contact with your advisor.