

University of Indianapolis – *College of Health Sciences***2025-2026 Curriculum Guide for Exercise Science (EXSC) with Pre-Physical Therapy Concentration (3+3)**
Bachelor of Science**Freshman Year****Semester I (17 hours)**

• KINS 101	Wellness/Fitness for a Lifetime (1)
• INTD 101	New Student Experience (1)
• ENGL 101	Intro to College Writing (3)
• MATH 180	College Algebra and Trigonometry (4)
• BIOL 103	Principles of Human Anatomy (4)
• CHEM 150	[Prerequisite: Math proficiency through MATH-090; MATH 105] General Chemistry I (3) and CHEM 151 General Chemistry Lab I (1)

Semester II (17 hours)

• KINS 190	Intro. to Kinesiology, Health, and Sport Sciences (2) OR Professional Seminar in Exercise Science (2) [if transfer Jr. or Sr. year]
• KINS 315	Introduction to Exercise Physiology and Performance (4) [Prerequisite: BIOL 103]
• BIOL 104	Principles of Human Physiology (4) [Prerequisite: Math proficiency through MATH-090; MATH 105] <i>Satisfies Natural Sciences area of the general education core</i>
• PHYS 150	General Physics I (4) [Prerequisite: MATH 180]
• BIOL 165	Introduction to Cell Biology (4) [Prerequisite: CHEM 150/151]
• KINS 249	Basic Nutrition (2)
• FYS XXX	See General Core Requirements

Summer (8 hours)

• COMM 100	Public Speaking (3)
• ART 110	Art Appreciation (2) OR <i>other Arts general education core course</i>

Sophomore Year**Semester I (19.5 hours)**

• KINS 350	Exercise Physiology (4) [Prerequisites: BIOL 103, BIOL 104, CHEM 150/151, KINS 245]
• KINS 410	Motor Control and Biomechanics/Lab (4) [Prerequisite: BIOL 103, 104, PHYS 150, KINS 245]
• CHEM 160	General Chemistry II (3) and CHEM 161 General Chemistry Lab II (1) [Prerequisite: CHEM 150/151]
• KINS 280	Sport, Exercise, and Health Behavior (3) [Prerequisite: KINS 190 or KINS 315 or instr. permission]
• KINS 251	Sports Nutrition (3) [Prerequisite: BIOL 103 and 104, CHEM 150/151]

Semester II (18 hours)

• 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]
• MATH 245 MATH 220	Statistics for the Sciences (4) OR Elementary Statistics (4)

Summer (10 hours)

- **Gen Ed** **XXX** Human interaction: psychology, sociology, or cultural anthropology (3)
- **PHYS** **160** General Physics II (4)

Junior Year**Semester I (14.5 hours)**

- **Biol** **305** Human Functional Anatomy (4) OR BIOL 240 Vertebrate Anatomy (4)
- **KINS** **356** Exercise Science Programming and Management (3)
[Prerequisites: KINS 280, KINS 325]
- **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)
[Prerequisites KINS 490] **OR**
- **KINS** **487** Readings and Practical Experience in Strength and Conditioning (1)
[Prerequisite: KINS 490]

Semester II (11 hours)

- **Biol** **330** Mammalian Physiology (4) [taken junior or senior year]
- **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
[Prerequisites: 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

Summer (6 hours)**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 UIIndy, 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 prior 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.

NOTE

For program prerequisites, the UIIndy DPT program does not accept grades below a 'C'. The UIIndy DPT Program accepts Advanced Placement (AP) coursework to meet prerequisite requirements if they were approved by UIIndy and appear on the official transcript. Courses taken on a pass-fail basis or any non-credit courses (except AP) will not count toward the prerequisite GPA.

REMEMBER

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