

University of Indianapolis – *College of Health Sciences***2025-2026 Curriculum Guide for Exercise Science (EXSC) 3 Year Plan with Pre-OT Concentration**
Bachelor of Science**Freshman Year****Semester I (16 hours)**

• BIOL 103	Principles of Human Anatomy (4) [Prerequisite: Math proficiency through MATH-090; MATH 105]
• MATH 180	College Algebra and Trigonometry (4) <i>Satisfies Mathematics competency of the general education core</i>
• CHEM 150/151	General Chemistry I/Lab (4) [Prerequisite: MATH 180 or equivalent math proficiency]
• ENGL 101	Intro to College Writing (3) <i>Satisfies Critical Thinking-English requirement</i>
• INTD 101	NSE: (1) <i>Satisfies New Student Experience</i>
• FYS XXX	First Year Seminar (3) <i>First Year Seminar taken semester I or II of freshmen year and satisfies one general education core distribution area FYS 180, FYS 182 recommended to meet Global Awareness</i>

Semester II (17 hours)

• 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>
• KINS 245	Introduction to Exercise Physiology and Performance (4) [Prerequisite: BIOL 103]
• PHYS 150	General Physics I (4) [Prerequisite: MATH 180] NOTE: PHYS 148 and 149 may be taken in place of PHYS 150. Each class is 2 credit hours over two semesters)
• KINS 190	Intro. to Kinesiology, Health, and Sport Sciences (2) [Freshman or Sophomore year] OR
• KINS 315	Professional Seminar in Exercise Science (2) [if transfer, Junior or Senior year]
• KINS 249	Basic Nutrition (2)
• KINS 101	Wellness/Fitness for a Lifetime (1) <i>Satisfies the Wellness competency area of the general education core</i>

Summer (11 hours)

• ART 110	Art Appreciation (2) OR <i>Another course that satisfies Arts area of the general education core</i>
• PSY 120	Introduction to Psychology (3)
• HIST 102	World History since 1700 (3) OR <i>Another course that satisfies the History area of the general education core</i>
• COMM 100	Public Speaking (3) OR <i>Another course that satisfies the general education competency area of Communication</i>

Sophomore Year**Semester I (16.5 hours)**

• KINS 350	Exercise Physiology/Lab (4) [Prerequisite: BIOL 103, 104, CHEM 150/151, KINS 245]
• KINS 410	Motor Control and Biomechanics/Lab (4) [Prerequisite: BIOL 103, BIOL 104, PHYS 150, KINS 245]
• 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, KINS 249]
• ENGL 102	Literature (3) OR <i>Another literature course that satisfies the general education core</i>
• INTD 201	Lecture/Performance Series (.5)

- **PHIL** **110** Critical Thinking (3) **OR**
Another course that satisfies the Philosophy & Ethics area of the general education core
- **PSY** **245** Lifespan Psychology (3) [Prerequisite: PSY 120]

Semester II (18.5 hours)

- **KINS** **470** Exercise Science Lab (4) [Prerequisite: KINS 350, KINS 410, CPR and First Aid certification is required]
- **KINS** **490** Exercise Prescription (3) [Prerequisite: KINS 350, KINS 410]
- **KINS** **325** Group Exercise Leadership and Programming (3)
[Prerequisites: KINS 190 or KINS 315 or BIOL 103]
- **INTD** **202** Lecture/Performance Series (.5)
- **BIOL** **165** General Biology II: Introduction to Cell Biology (4) [Prerequisite: CHEM 150]

Summer (9 hours)

- **REL** **100** Christianity (3) **OR**
Another course that satisfies the Religion area of the general education core
- **ANTH** **100** Cultural Anthropology (3) **OR**
Another course that satisfies the Social Science area of the general education core
- **IREL** **100** World Geography (3) **OR**
Another course that satisfies Global Awareness & Experiencing Cultural Differences area of the general education core

Junior Year**Semester I (16 hours)**

- **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 (3)
[Prerequisites: KINS 350, KINS 470, KINS 490]
- **KINS** **485** Readings and Practical Experience in Exercise Science (1)
[Prerequisite: KINS 490] **OR**
- **KINS** **487** Readings and Practical Experience in Strength and Conditioning (1)
[Prerequisite: KINS 490]
- **BIOL** **305** Human Functional Anatomy (4) [Prerequisite: BIOL 165]
- **HSCI** **120** Medical Terminology for Rehabilitation Professions (1)
- **PSY** **345** Abnormal Psychology (3) [Prerequisite: PSY 120]

Semester II (15 hours)

- **MATH** **220** Elementary Statistics (4)
[Prerequisite: MATH 150 or MATH 180 or MATH 190] **OR** MATH 245 Statistics for the Sciences (4)
- **BIOL** **330** Mammalian Physiology (4) [Prerequisite: BIOL 165]
- **KINS** **395** Professional Experience in Exercise Science (6)
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 KINS 487, KINS 490,] Satisfies the Capstone requirement of the general education co

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 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

The OT program does not accept Advanced Placement (AP) credits for prerequisite work. If you have AP credits, please check with your academic advisor prior to registration.

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.