

University of Indianapolis – *College of Health Sciences***2025-2026 Curriculum Guide for Exercise Science (EXSC) with Pre-Athletic Training (PATG) Conc. 3+2 Bachelor of Science****Freshman Year****Semester I (16 hours)**

- **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]
- **CHEM 150** General Chemistry I (3) and CHEM 151 General Chemistry Lab I (1)
[Prerequisite: MATH 180]
- **FYS XXX** First Year Seminar (3) taken semester I or II of freshmen year *and satisfies one general education core distribution*

Semester II (17 hours)

- **KINS 245** Introduction to Exercise Physiology and Performance (4)
[Prerequisite: BIOL 103]
- **KINS 249** Basic Nutrition (2)
- **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 190** Intro. to Kinesiology, Health, and Sport Sciences (2)
[Freshman or Sophomore year] **OR**
- **KINS 315** Professional Seminar in Exercise Science (2) [if transfer Jr. or Sr. year]
- **PHYS 150** General Physics I (4)
[Prerequisite: MATH 180]
- **PSY XXX** Psychology General Education Core (3)

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

- **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*
- **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]
- **COMM 100** Public Speaking (3)
- **ENGL 102** Literature (3)
- **INTD 201** Lecture/Performance Series (.5)

Semester II (18 hours)

- **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]
- **KINS 325** Group Exercise Leadership and Programming (3)
[Prerequisites: KINS 190 or KINS 315, BIOL 103]

Junior Year**Semester I (16.5 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]
- **KINS 406** Clinical Exercise Physiology
[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)
[Prerequisites: KINS 490]
- **INTD 202** Lecture/Performance Series (.5)

Semester II (16 hours)

- **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
- **MATH 245** Statistics for the Sciences (4) **OR**
- **MATH 220** Elementary Statistics (4)

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.
- Pre-AT 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.
- Admission to the UIndy Athletic Training program requires an additional 50 hours of observations with an Athletic Trainer.
- 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.