

University of Indianapolis – *College of Health Sciences*
2025-2026 Curriculum Guide for Exercise Science (EXSC) with Pre-Athletic Training (PATG) Conc. 4 Year
 Bachelor of Science

Freshman Year

Semester I (16 hours)

- **MATH 180** College Algebra and Trigonometry (4)
- **BIOL 103** Principles of Human Anatomy (4)
- **INTD 101** New Student Experience: (1)
- **KINS 101** Wellness/Fitness for a Lifetime (1)
- **ENGL 101** Intro to College Writing (3)
- **FYS XXX** [Prerequisite: Math proficiency through MATH-090; MATH 105]
First Year Seminar (3)

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

Semester II (17 hours)

- **BIOL 104** Principles of Human Physiology (4)
[Prerequisite: Math proficiency through MATH-090; MATH 105] **Satisfies Natural Sciences area of the general education core**
- **CHEM 150** General Chemistry I (3) and **CHEM 151** General Chemistry Lab I (1)
[Prerequisite: MATH 180]
- **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]
- **KINS 249** Basic Nutrition (2)
- **PSY Any** Psychology General Education Course (3)

Sophomore Year

Semester I (15.5 hours)

- **KINS 245** Introduction to Exercise Physiology and Performance (4)
[Prerequisite: BIOL 103]
- **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, KINS 249]
- **ENGL 102** Literature (3) or other Literature gen ed core course
- **INTD 201** Lecture/Performance Series (.5)

Semester II (16 hours)

- **KINS 325** Group Exercise Leadership and Programming (3)
[Prerequisites: KINS 190 or KINS 315, BIOL 103]
- **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.*
- **ART 110** Art Appreciation (2) or other Arts gen ed core course
- **Gen Ed ELEC** Global Awareness & Experiencing Cultural Differences (3)

Junior Year**Semester I (13.5 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]
- **REL 100** Christianity (3) *or other Religion*
- **INTD 202** Lecture/Performance Series (.5)
- **HIST ELEC** History (3)

Semester II (12 hours)

- **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]
- **ART 100** Art Experience (2) *or other Arts gen ed course*
- **COMM 100** Public Speaking (3)
- **MATH 245** Statistics for the Sciences (4) Or MATH 220 Elementary Statistics (4)

Senior Year**Semester I (7 hours)**

- **KINS 356** Exercise Science Programming and Management (3)
[Prerequisites: KINS 280, KINS 325]
- **KINS 485** Readings and Practical Experience in Exercise Science (1) OR
[Prerequisite: KINS 490] **OR**
- **KINS 487** Readings and Practical Experience in Strength and Conditioning (1)
[Prerequisite: KINS 490]
- **PHIL 101** Introduction to Philosophy (3)

Semester II (6-12 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

Total Credit Hours in Major: 61

- 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.
- Admission to the UIIndy Athletic Training program requires an additional 50 hours of observation with an Athletic Trainer (consult with AT Program Director).
- A grade of C or higher is required for all courses in the Exercise Science major to graduate.
- 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.
- The Bachelor of Science degree requires a minimum of 120 hours. See the Curriculum Guide for the General Education Core for additional approved courses.