University of Indianapolis – *College of Health Sciences*
2025-2026 Curriculum Guide for Exercise Science (EXSC) 4 Year Plan with Pre-OT Concentration
Bachelor of Science

Freshman Year

Semester I (15 hours)

- **ENGL 101** Intro to College Writing (3) *Satisfies Critical Thinking-English requirement*
- **MATH 180** College Algebra and Trigonometry (4)
  Satisfies Mathematics competency of the general education core
- **INTD 101** New Student Experience (1)
- **BIOL 103** Principles of Human Anatomy (4)
  [Prerequisite: Math proficiency through MATH-090; MATH 105]
- **FYS XXX** 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 (16 hours)

- **COMM 100** Public Speaking (3)
  ***OR** another course that satisfies the general education competency area of Communication*
- **ART 110** Art Appreciation (2)
  ***OR** another course that satisfies Arts area of the general education core*
- **CHEM 150/151** General Chemistry I/Lab (4) [Prerequisite: MATH 180]
- **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 101** Wellness/Fitness for a Lifetime (1)
  Satisfies the Wellness competency 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, Junior or Senior year]
- **KINS 249** Sports Nutrition (2)

Sophomore Year

Semester I (17.5 hours)

- **ENGL 102** Literature (3)
  ***OR** another literature course that satisfies the general education core*
- **INTD 201** Lecture/Performance Series (.5)
- **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]
- **PSY 120** Introduction to Psychology (3)
- **PHYS 150** General Physics I (4) [Prerequisite: MATH 180]

Semester II (18.5 hours)

- **INTD 202** Lecture/Performance Series (.5)
- **BIOL 165** General Biology II: Introduction to Cell Biology (4) [Prerequisite: CHEM 150]
- **KINS 251** Sports Nutrition (3) [Prerequisites: BIOL 103 and 104, CHEM 150/151]
- **KINS 325** Group Exercise Leadership and Programming (3)
  [Prerequisites: KINS 190 or KINS 315, BIOL 103]
- **KINS 350** Exercise Physiology/Lab (4)
  [Prerequisite: 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]

Junior Year

Semester I (16 hours)

- **IREL 100** World Geography (3)
  OR *another course that satisfies Global Awareness & Experiencing Cultural Differences area of the general education core*
- **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]
- **HIST 102** World History since 1700 (3)
  OR *another course that satisfies the History 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*

Semester II (12 hours)

- **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]
- **PHIL 110** Critical Thinking (3)
  OR *another course that satisfies the Philosophy & Ethics area of the general education core*
- **REL 100** Christianity (3)
  OR *another course that satisfies the Religion area of the general education core*

Senior Year

Semester I (15 hours)

- **KINS 356** Exercise Science Programming and Management (3)
  [Prerequisites: KINS 280, KINS 325]
- **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]
- **PSY 245** Lifespan Psychology (3) [Prerequisite: PSY 120]
- **MATH 220** Elementary Statistics (4) [Prerequisite: MATH 150 or MATH 180 or MATH 190] **OR**
- **MATH 245** Statistics for the Sciences (4) that is offered in Semester II

Semester II (14 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
- **BIOL 330** Mammalian Physiology (4) [Prerequisite: BIOL 165]
- **PSY 345** Abnormal Psychology (3) [Prerequisite: PSY 120]
- **HSCI 120** Medical Terminology for Rehabilitation Professions (1)

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.