

**KINESIOLOGY AND HEALTH B.S. DEGREE
EXERCISE SCIENCE
2015-2016 Accelerated Sample Plan**

- Summer classes will be necessary to complete the degree in 3 years
- Students can transfer in credits to accelerate their time and lessen the number of credits needed in the summer
- Students must also complete a minimum of 46 credits in 300-400 level courses and complete a total of 124 credits to graduate

Year One

Fall		Spring		Summer	
BIOL 255-Human Anatomy	3	BIOL 256-Human Physiology	3	MATH 140-Algebra or higher	3
BIOL 255L-Human Anatomy Lab	1	BIOL 256L-Human Phys Lab	1	PSYCH 101 or 230-Psychology	3
KIN 252-Disc & Prof in Kin H	1	KIN 259-Ldrshp Tech for Fitness	2	SP CM 212-Fund Public Spking	3
KIN 253-Orientation in Kin H	1	FS HN 167-Intro to Human Nutr	3		
KIN 258-Physical Fitness & Cond	2	SOC 134-Intro to Sociology	3		
H S 110-Pers & Consumer Health	3	Humanities Choice/Int'l Pers	3		
ENGL 150-Crit Thinking & Comm	3	Elective	1		
LIB 160-Information Literacy	1				
Total	16	Total	16	Total	9

Year Two

Fall		Spring		Summer	
KIN 266-Strgrth Trning & Cond	2	KIN 345-Mgmt Hlth Fitness Prog	3	KIN 372-Motor Control & Lrning	3
A TR 220 or H S 305	2	KIN 358-Physiology of Exercise	3	KIN 366-Exercise Psychology	3
PHYS 115-Phys for Life Sciences	4	KIN 360-Sociology of Sport	3	Elective	3
STAT 101 or 104-Statistics	4	H S 350-Human Diseases	3		
ENGL 250-Writ, Oral, & Visual	3	Social Science Choice	3		
Elective	1				
Total	16	Total	15	Total	9

Year Three

Fall		Spring		Summer	
KIN 355-Biomechanics	3	KIN 458-Princ of Fitness Assess	4	Kin 485A-Internship in Exer Sci	8-16
KIN 385-Prof School & Field Exp	R	KIN 459-Internship Exer Ldrship	1		
KIN 462-Medical Aspects of Exer	3	ENGL 302, 314 or SP CM 312	3		
H S 380-Worksite Health Promo	3	Electives	7		
Humanities Choice/U.S. Div	3				
Elective	4				
Total	15	Total	15	Total	13

Students must complete a 3 credit course in U.S. Diversity and a 3 credit course in International Perspectives. Check the ISU website for approved courses.. Three year plans are arranged with courses in pre-requisite sequence. This is a sample plan, always use the degree audit as the official documentation of progress toward a degree.