

EXERCISE SCIENCE - 2022-Current

University of South Alabama – College of Education and Professional Studies - Department of Health, Kinesiology and Sport

GENERAL EDUCATION (45 Hours)	Grade	Hours
Area I - Written Composition (2 Courses, 6 Hours)		
*EH 101 English Composition I (*Prerequisite course for Candidacy)	_____	3
*EH 102 English Composition II (*Prerequisite course for Candidacy)	_____	3
Area II - Humanities and Fine Arts (4 Courses, 12 Hours) (Sequence required in either English (EH) or History (HY))		
*CA 110 Public Speaking (*Prerequisite course for Candidacy)	_____	3
One course from EH 215, 216; 225, 226; 235, 236	_____	3
One course from: ARH 100, 103, 123; ARS 101; DRA 110; MUL 101	_____	3
One course from EH 215, 216; 225, 226; 235, 236 or advisor approved humanities or fine arts elective.	_____	3
Area III - Natural Science and Mathematics (3 Courses, 11 Hours)		
One course from: MA 110, 112, 113, 115 ^{PP} , 120	_____	3
One course from (including lab): BLY 101, 121 ^{PP} ; CH 101, 103, 131, 132; GEO 101, 102; GY 111, 112; PH 101, 104, 114, 115, 201, 202	_____	4
One course from (including lab): BLY 102, 122 ^{PP} ; CH 101, 103, 131, 132; GEO 101, 102; GY 111, 112; PH 101, 104, 114, 115, 201, 202	_____	4
Area IV - History, Social and Behavioral Sciences (4 Courses, 12 Hours) (Sequence required in either English (EH) or History (HY)) (Students will only receive credit for 2 history courses.)		
One course from HY 101, 102; HY 121, 122; HY 135, 136	_____	3
Two courses from: AIS 201; AN 100, 101; ECO 215, 216; GEO 114, 115; PSC 130; PSY 120 ^{PP} ; 250 ^{PP} ; SY 109, 112	_____	3
_____	_____	3
One course from: AIS 201, AN 100, 101; ECO 215, 216; GEO 114, 115; HY 101, 102, 121, 122, 135, 136; PSC 130; PSY 120 ^{PP} , 250 ^{PP} ; SY 109, 112	_____	3
Health/Physical Education (4 Courses, 4 Hours)		
PE 102 Weight Training	_____	1
3 Hours of PE 101-157 Activity Courses (Each activity course must be different.)	_____	3
General Electives (3 Hours)		
100-499	_____	3
EXERCISE SCIENCE MAJOR CORE (43 Hours)		
*HS 170 First Aid (*Prerequisite course for Candidacy)	_____	1
*KIN 100 Concepts of Health and Fitness (*Prerequisite course for Candidacy)	_____	3
KIN 263 Intro to Nutrition	_____	3
KIN 278 Sport and Human Behavior	_____	3
* KIN 282 Intro to Athletic Training (*Prerequisite course for Candidacy)	_____	3
KIN 363 Sports Nutrition (W) (Requires Candidacy; Satisfies University Writing Requirement)	_____	3
KIN 380 Kinesiology	_____	3
KIN 381 Evaluation and Measurement (Requires Candidacy) OR ST 210 Statistical Reasoning and Applications ^{PP}	_____	3
KIN 474 Sport and Fitness Conditioning	_____	3
KIN 475 Organizations and Administration of Health and Physical Education (W) (Satisfies University Writing Requirement) OR	_____	3
SM 472 Legal Issues in Sports and Recreation (W) (Requires Candidacy) (Satisfies University Writing Requirement)	_____	3
KIN 476 Exercise Physiology	_____	3
KIN 479 Fitness Assessment and Exercise Prescription (Requires Candidacy)	_____	3
KIN 480 Therapeutic Exercise (Requires Candidacy)	_____	3
KIN 484 Applications in Sports Conditioning	_____	3
KIN 486 Advanced Exercise Physiology (Requires Candidacy)	_____	3
Concentrations (Choose one below from Health and Fitness OR Pre-Professional)		
Health and Fitness (29 Hours)		
*BMD 110, 114 or 251 Human Anatomy and Physiology I (*Prerequisite course for Candidacy)	_____	4
BMD 111, 115 or 252 Human Anatomy and Physiology II	_____	4
HS 262 Personal Health	_____	3
KIN 201 Orientation to Health and Physical Education	_____	3
KIN 370 Basic Motor Learning	_____	3
KIN 495 Internship (Requires Candidacy)	_____	9
Elective – Advisor Approved – 300-499 Level from HS, KIN, LS, PSY, RTH, SM	_____	3
Pre-Professional (29 Hours) (Courses denoted by ^{PP} are recommended for the Pre-Professional Concentration.)		
*BMD 114 or 251 Human Anatomy and Physiology I (*Prerequisite course for Candidacy)	_____	4
BMD 115 or 252 Human Anatomy and Physiology II	_____	4
CH 131 and 131L General Chemistry	_____	4
CH 132 and 132L General Chemistry	_____	4
PH 114 and 114L Physics with Algebra Trigonometry I	_____	5
PH 115 and 115L Physics with Algebra Trigonometry II	_____	5
KIN 495 Internship (Requires Candidacy) OR Elective – Advisor Approved – 300-499 Level from HS, KIN, LS, PSY, RTH, SM	_____	3
Total Hours		120
		Revised 5/19/22

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University and College Requirements:

Writing Requirement – The University requires that a candidate for graduation must have completed two designated writing credit courses at USA, with at least one course chosen from offerings in the candidate's major or minor. Courses meeting this requirement are designated with a (W) after the course title in the "Courses" section of the University Bulletin. Individuals who transfer in credit to substitute for a course(s) designated as a (W) course must meet the writing requirement by taking a (W) course(s) at USA.

Transient Approval – Students must have prior approval (obtained in the Advising Center) to enroll as a transient student at another institution. A maximum of 64 semester hours may be accepted from a two-year institution.

Residency Requirement – A candidate for graduation must complete a minimum of 25 percent of the credit hours required for the degree through instruction offered by the University of South Alabama in upper-division course work (300 and 400 levels).

Candidacy Admission Requirements for Exercise Science and Health Majors (Non-Teacher Certification)

Hours:

- 60 program hours. A minimum of 12 semester hours must be taken at USA.
- Completion of the required Freshman experience, if applicable.

GPA Requirements:

- 2.20 Minimum Overall GPA (All work attempted at USA.)
- 2.20 Minimum Major GPA (All courses used in the Exercise Science or Health-NTC Majors, including transfer work.)

Course Requirements:

- Exercise Science Major: CA 110, EH 101, EH 102, BMD 110 or 114 or 251, HS 170, KIN 100 and KIN 282
- Health Promotion Major: CA 110, EH 101, EH 102, BMD 110 or 114 or 251, BMD 111 or 115 or 252, HS 170, HS 262, KIN 100, KIN 201, and KIN 263

Other requirements:

- Completion of online Candidacy application.
- Completion of a satisfactory departmental interview with your assigned advisor. Recommendation of advisor and department chairperson.
- Sufficient physical ability and emotional stability to perform successfully as a professional. These and other factors could be determined through a departmental interview.

Application/Admission Information:

- Candidacy applications are due one semester prior to enrolling in classes that require Candidacy. The intent is for students to apply for Candidacy AND meet with their advisor prior to registration to enable appropriate planning decisions for upcoming semesters.
- Students approaching eligibility will receive a link to the online application in their JagMail.
- After final grades are posted and all requirements are verified as met, the Office of Student Services will notify students by JagMail when they are admitted to Candidacy. Students will then be able to register for Candidacy courses.