

Program: **Kinesiology**
 Major: **Kinesiology - Exercise/Fitness Management**
 Degree: **Bachelor of Science (B.S.)**

Dept: **Kinesiology and Health Studies**
 College: **Education and Professional Studies**
 Major Code: **3120**

University Core (Total Listed 42-44)

Specific courses within the University Core are listed on pages 96-97.

• Courses from the major may apply to the areas marked in the University Core.

Written and Oral Communication 9

Quantitative Reasoning/Scientific Method 10-11

Math 3

Life Science 4

• Physical Science 3-4

Critical Inquiry and Aesthetic Analysis 6

Aesthetic Analysis 3

Critical Inquiry 3

American Historical and Political Analysis 6

American National Government 3

American History 3

Cultural and Language Analysis 3-4

Second Language 4

OR

Cultural Analysis 3

Social and Behavioral Analysis 3

Life Skills 5

• Required Health Course 2

• Elective Life Skills 3

**Minimum
Required Hours**

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Required Hours**

Major Requirements

Kinesiology - Exercise/Fitness Management 81

Required Core 24

Required Courses:

+HLTH 1112 Healthy Life Skills

HLTH 2212 First Aid with Cardiopulmonary Resuscitation

HLTH 4103 Human Development

+KINS 2643 Introduction to Kinesiology Studies

+^**KINS 3403 Principles in Leadership Development

^KINS 3623 Program Design and Management

+KINS 3713 Research and Evaluation

KINS 4252 Legal Aspects of Leisure Services and Fitness Programs

^KINS 4433 Management Principles

Required Theory 47

#HLTH 3413 Nutrition for Sport and Fitness

+HLTH 3223 Applied Anatomy

HLTH 3493 Physical Treatment of Athletic Injuries

KINS 2713 Physical Activity & Health

#KINS 3112 Group Exercise Techniques

#KINS 4203 Physical Activity and Aging

#^KINS 4263 Performance Training Concepts

#^KINS 4323 Exercise Programming for Special Populations

#^KINS 4413 Applied Exercise Physiology

#^KINS 4513 Fitness Assessment

#^*KINS 4523 Exercise Prescription

#^*KINS 4900 Practicum in Kinesiology and Health Studies (1 hr)

+^**KINS 4900 Practicum in Kinesiology and Health Studies (1 hr)

#KINS 4950 Internship in Kinesiology and Health Studies (4 hrs)

+PHED 3333 Mechanical Principles and Analysis of Movement

+PHED 3503 Physiology of Exercise

REC 3513 Facility Management

Required Theory (Supporting Fields) 4

+CHEM 1014 Introduction Chemistry and Lab

+CHEM 1014L Introduction Chemistry Lab

* To be taken concurrently

** To be taken concurrently

^ Must be completed to enroll in the internship

+ Must be taken prior to admission into the program with a minimum 2.5 average.

Admission into the Exercise/Fitness Management major required.

Major Electives - Selected from the following courses 6

HLTH 3263 Media Advocacy and Health Communication

HLTH 3403 Leadership and Ethics in Health Education

HLTH 3453 Group Dynamics

HLTH 4523 Health and Aging

KINS 3503 Pharmacology for the Health/Fitness Professional

KINS 3633 Grant Writing and Fundraising

KINS 4910 Seminar in Kinesiology and Health Studies (1-4 hours)

PHED 1402 Fitness Development & Assessment

PHED 4442 Motor Learning

REC 2433 Outdoor Pursuits

REC 4363 Therapeutic Recreation

Electives to bring total to 124

Minimum Grade Requirements

1. Average in all college course work and course work at

UCO. 2.00

2. In courses in the major 2.50

For other regulations pertaining to graduation, see pages 68-69 of the 2018-2019 catalog.

Admission to the Major:

The student must apply for the Exercise & Fitness Management program by submitting the application and transcript to the Kinesiology & Health Studies Office on or before the last Friday of January for fall admission and the second Friday of September for spring admission. Students will be notified eight to ten weeks after the filing date as to the disposition of the application.