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)

For a full list of courses see University Core.
• 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

Minimum Required Hours

Major Requirements

Kinesiology - Exercise/Fitness Management .... 75

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) Internship must be completed during final semester of degree.
+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

Minimum Required Hours

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 Grade Requirements
1. Average in all college course work ........................................ 2.00
2. Average in all UCO coursework ............................................ 2.00
3. Average in Pre-Kinesiology (+) course work ......................... 2.50
   (minimum grade of “C”).
4. Average in major course work ............................................. 2.50
   (minimum grade of “C”).

For other regulations pertaining to graduation, see Academic Degree Requirements.

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.

Internship: The internship is required to be completed in the final semester of the college degree. The certification exam must be taken during the semester of internship completion.