

## Kinesiology Department

Clinical Exercise Science (Pre AT, PT, OT)

As of Fall 2021

**Major Requirements:** 65 semester hours. **At least 18 semester hours must be taken at Aquinas.** Only courses with a grade of C- or better will count toward the major.

### AQUINAS REQUIREMENTS

|       |  |     |
|-------|--|-----|
| _____ | BY 155 - Human Anatomy & Physiology I (NL)                                       | 4.0 |
| _____ | BY 156 - Human Anatomy & Physiology II   | 4.0 |
| _____ | KN 108 - Weight Training   | 1.0 |
| _____ | KN 145 - Medical Terminology   | 2.0 |
| _____ | KN 158 - Emergency Medical Response (First Aid/CPR)                              | 3.0 |
| _____ | KN 200 - Surface Anatomy   | 2.0 |
| _____ | KN 250 - Physiology of Exercise  | 4.0 |
| _____ | KN 251 - Nutrition for Sports Performance  | 3.0 |
| _____ | KN 256 - Kinesiology   | 4.0 |
| _____ | KN 302 - Research Design in an Evidence Bas                                      | 4.0 |
| _____ | KN 350 - Medical Aspects of Athletics (SC)                                       | 3.0 |
| _____ | KN 357 - Therapeutic Exercise  | 3.0 |
| _____ | KN 364 - Human Growth and Development  | 3.0 |
| _____ | KN 367 - Administration for Administration for the Exercise Science Professional | 3.0 |
| _____ | KN 404 - Conditioning I  | 2.0 |
| _____ | KN 405 - Conditioning II (SC)  | 2.0 |
| _____ | KN 458 Evaluation Procedures I   | 3.0 |
| _____ | KN 459 Evaluation Procedures II  | 3.0 |
| _____ | KN 397 - Internship  | 6.0 |
| _____ | MS 151 Elementary Statistics   | 3.0 |
| _____ | PG 100 - Intro to Psychology (GE)  | 3.0 |

**Core Credits 65.0**

### Additional Pre AT, PT, OT

|       |                                       |     |
|-------|---------------------------------------|-----|
| _____ | BY 171 - Cellular Biology (NL)        | 4.0 |
| _____ | CY 111 - General Chemistry I (NL)     | 4.0 |
| _____ | CY 112 - General Chemistry II         | 4.0 |
| _____ | KN 157 Health Education - Community   | 3.0 |
| _____ | KN 370 Psychology of Sport and Injury | 3.0 |
| _____ | PC 201 - General Physics I            | 4.0 |
| _____ | PC 202 - General Physics II           | 4.0 |
| _____ | PG 380 - Lifespan for Health Sciences | 3.0 |
| _____ | SY 103 - Cultural Anthropology (GP)   | 3.0 |

**Core Credits 32.0**

### OPTIONAL CONCENTRATIONS:

**Coaching:** Fifteen (15) semester hours

|       |                                   |     |
|-------|-----------------------------------|-----|
| _____ | KN109 Aerobic Training            | 1.0 |
| _____ | KN242 Sport Techniques & Research | 3.0 |
| _____ | KN245 Sports Officiating          | 3.0 |

### TRANSFER REQUIREMENTS

|       |                                     |
|-------|-------------------------------------|
| _____ | BIOL201 HUMAN ANATOMY               |
| _____ | BIOL202 HUMAN PHYSIOLOGY            |
| _____ | PFWT112 INTRO TO WEIGHT TRAINING or |
| _____ | PFWT123 WEIGHT TRAINING I           |
| _____ | CHSE120 MEDICAL TERMINOLOGY         |
| _____ |                                     |
| _____ |                                     |
| _____ | PFKN200 EXERCISE PHYSIOLOGY         |
| _____ | PFHW123 HUMAN NUTRITION             |
| _____ | PFKN208 BIOMECHANICS                |
| _____ |                                     |
| _____ |                                     |
| _____ | PFKN260 GROWTH AND MOTOR BEHAVIOR   |
| _____ |                                     |
| _____ |                                     |
| _____ |                                     |
| _____ |                                     |
| _____ | STAT170 INTRODUCTION TO STATISTICS  |
| _____ | PSYC200 INTRODUCTION TO PSYCHOLOGY  |

|       |   |
|-------|---|
| _____ | BIOL127 CELL BIOLOGY  |
| _____ | CHEM151 GENERAL CHEMISTRY LECTURE I (4) & CHEM161 GENERAL CHEMISTRY LAB I (1)   |
| _____ | CHEM152 GENERAL CHEMISTRY LECTURE II (3) & CHEM162 GENERAL CHEMISTRY LAB II (1) |
| _____ | PFKN205 SPORT & EXERCISE PSYCHOLOGY   |
| _____ |   |
| _____ |   |
| _____ | ANTH270 CULTURAL ANTHROPOLOGY   |

|       |                          |
|-------|--------------------------|
| _____ | PFFT120 AEROBIC EXERCISE |
| _____ |                          |
| _____ |                          |

|       |                                    |     |
|-------|------------------------------------|-----|
| _____ | KN260 Theory of Coaching           | 3.0 |
| _____ | KN361 Group Exercise               | 2.0 |
| _____ | KN370 Psychology of Sport & Injury | 3.0 |
| _____ | KN Elective                        | 2.0 |

**Recreation:** Fifteen (15) semester hours

|       |                                   |     |
|-------|-----------------------------------|-----|
| _____ | KN109 Aerobic Training            | 1.0 |
| _____ | KN147 Outdoor Recreation          | 3.0 |
| _____ | KN157 Community Health            | 3.0 |
| _____ | KN242 Sport Techniques & Research | 3.0 |
| _____ | KN245 Sports Officiating          | 3.0 |
| _____ | KN361 Group Exercise              | 2.0 |
| _____ | KN Elective                       | 2.0 |

**Sport Management:** Fifteen (15) semester hours

|       |                                    |     |
|-------|------------------------------------|-----|
| _____ | KN330 Marketing & Promoting Sport  | 3.0 |
| _____ | KN332 Selling & Funding Sport      | 3.0 |
| _____ | KN402 Sport Law                    | 3.0 |
| _____ | KN430 Facility & Event Management  | 3.0 |
| _____ | One (1) Course from the following: |     |
| _____ | HY318 History of American Sports   | 3.0 |
| _____ | KN/WS225 Women, Gender, and Sports | 3.0 |
| _____ | SY275 Sociology of Sport           | 3.0 |
| _____ | KN Elective                        | 3.0 |

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 PFKN106 GROUP FITNESS INSTRUCTOR PREP  
 PFKN205 SPORT & EXERCISE PSYCHOLOGY  
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 PFFT120 AEROBIC EXERCISE  
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 PFKN106 GROUP FITNESS INSTRUCTOR PREP  
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Please Note: Aquinas College reserves the right to change, modify, or amend the above-stated requirements and/or courses in its sole discretion and without prior notice.