



## **BACHELOR OF SCIENCE Exercise Science**

*KCTCS transfer plan*

### **KCTCS General Education**

<b>Course</b>	<b>Course Title</b>	<b>Semester Hours</b>
ENG 101	Intro to College Writing	3
ENG 102	Writing in the Disciplines	3
COM 181	Oral Communications	3
Heritage	Choose One	3
Humanities	Choose One	3
PSY 110	General Psychology	3
S&B Science	Choose One	3
S&B Sciences	Choose One	3
MAT 150	College Algebra	3
BIO 137	A&P 1	4
CHE 170 & 175 Or CHE 140	College Chemistry Or CHEM 105	4

	<b>TOTAL</b>	<b>35</b>
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## Additional KCTCS Classes Required for this Major

BIO 139	A&P 2	4
NFS 101	Human Nutrition	3
SFA 100	Safety & First Aid	1
PHY 201 & 202	College Physics	5
	<b>TOTAL</b>	<b>13</b>

## WKU Classes Required for this Major

<b>EXS 122</b>	Foundation of Kinesiology	3
<b>EXS 223</b>	Intro to Exercise Science	3
EXS 296	Practicum in EXS	3
EXS 310	Kinesiology	3
<b>EXS 311</b>	Physiology of Exercise	4
PE 312	Basic Athletic Training	3
EXS 313	Motor Learning	3
EXS 324	Measurement and Evaluation	3
<b>EXS 325</b>	Applied Exercise Physiology	3
EXS 412	Exercise Testing & Prescription	4
EXS 420	Clinical Exercise Physiology	3
EXS 436	Principals of Strength and Conditioning	3

EXS 446	Biomechanics	3
EXS 455	Exercise and Aging	3
EXS 496	Internship in Exercise Science	6
	<b>TOTAL</b>	

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<b>TOTAL PROGRAM HOURS</b>	<b>120</b>
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**Program Notes**

- 42 upper-level hours required
- Program restrictions: Complete all classes listed with a “C” or better.
- There is no required minor for this program. However, completing a minor or certificate is encouraged for students not planning on attending graduate school. Students often need to take additional hours to earn the 120 hours required for graduation.

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To make an advising appointment:  
 WKU in Elizabethtown go to [wkuadvising.as.me](http://wkuadvising.as.me)  
 WKU in Glasgow go to [wkug.as.me](http://wkug.as.me)  
 WKU in Owensboro go to [wkuo.as.me](http://wkuo.as.me)

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