

Exercise Science, Associates of Science

Laramie County Community College

FRESHMAN

Fall Semester				Hrs	Spring Semester				Hrs
Dept	#	Course Title	#		Dept	#	Course Title	#	
COLS	1000	Intro. To College Success	3		HLTK	1210	Human Body Systems	3	
KIN	1101	Kinesiology: Science of Human Move.	3		BIOL	1010	General Biology	4	
ENGL	1010	English I: Composition	3		HOEC	1140	Nutrition	2	
MATH	1400	College Algebra	4		PEPR	2135	Personal Trainer Education	3	
PEAC	1295	Individual Exercise Programs	1		CHEM	1000	Intro to Chemistry <i>or</i>	4	
HLED	1221	Standard First Aid and CPR	2		CHEM	1020	General Chemistry I	4	
TOTAL				<u>16</u>	TOTAL				<u>16</u>



SOPHOMORE

Fall Semester				Hrs	Spring Semester				Hrs
Dept	#	Course Title	#		Dept	#	Course Title	#	
COM/M	1010	Public Speaking	3		ZOO	2025	Human Physiology	4	
ZOO	2015	Human Anatomy	4				Aesthetic Analysis Elective	3	
KIN	2470	Exercise Science Practicum	1		KIN	2471	Exercise Science Practicum II	2	
EDST	2450	Human Lifespan Development	3		PEPR	2050	Care and Prevention of Athletic Injuries	2	
		WY State Requirement	2		HLED	1006	Personal Health	3	
PSYC	1000	General Psychology	3						
TOTAL				<u>16</u>	TOTAL				<u>14</u>
								Total Degree Hours	<u>62</u>

Transfer Recommendations and Notes:

Kinesiology & Health Promotion, Bachelors of Science

University of Wyoming

JUNIOR

Fall Semester			Hrs	Spring Semester			Hrs
Dept	#	Course Title	#	Dept	#	Course Title	#
KIN	3021	Physiology of Exercise	4	KIN	3021	Physiology of Exercise*	4
KIN	3010	Fundamentals of Health & Fit. Assess.	4	KIN	3010	Fundamentals of Health & Fit. Assess.*	4
KIN/HLED	Required & Elective courses from table (8-9 hours if concurrently completing KIN 3010; 11-12 hours if not)		8-12	KIN/HLED	Required & Elective courses from table (8-9 hours if concurrently completing KIN 3010; 11-12 hours if not)		8-12
			TOTAL <u>16-17</u>				TOTAL <u>16-17</u>



SENIOR

Fall Semester			Hrs	Spring Semester			Hrs
Dept	#	Course Title	#	Dept	#	Course Title	#
KIN/ HLED	4015/ 4016	Internship ² &/or Research Internship ²	3 3	KIN/ HLED	4015/ 4016	Internship ² &/or Research Internship ²	3 3
USP COM3	COM 3		3	KIN/HLED		Required & Elective courses from table	11-12
KIN/HLED	Required & Elective courses from table		9-12	USP COM3	COM 3		3
			TOTAL <u>15</u>				TOTAL <u>15</u>
							Total Degree Hours <u>120-126</u>

Transfer Recommendations and Notes:

* If not completed previously

² Six (6) credit hours of *internship* &/or *research internship* are required for the Kinesiology and Health Promotion major. Up to twelve (12) credit hours may be completed and applied toward the program of study. Internship credit hours may be split across terms (e.g., fall/spring/summer) or may be completed in a single semester if coursework scheduling allows.

³ For students pursuing the Therapeutic Science emphasis (e.g., medicine, physician assistant, PT, OT, optometry, chiropractic, etc.), ~16 credit hours of additional science/math elective coursework offered outside the Division of Kinesiology and Health is typically required. Students should meet with their advisor and/or the College of Health Sciences pre-professional advisors to determine which elective science/math coursework is required/recommended. Elective coursework should be included in junior/senior program planning based on student needs and course availability. Some science courses are only offered one time per year (either fall or spring) so advance planning is recommended.

K&H Required & Elective Courses

Course	Name	Hours	Comment(s)
KIN 3010	Fundamentals of Health & Fitness Assessment	3	Required-must be completed prior to internship
KIN 3034 or 4020	Lifespan Motor Development Motor Behavior	3 3	One of two is required; other course may be taken as an elective
KIN 3037 or 3038	Sport Psychology Exercise Physiology	3 3	One of two is required; other course may be taken as an elective
KIN 3040	Teaching Human Anatomy	3	Elective-application and instructor permission required
KIN 3042	Biomechanics of Human Movement	3	Required
KIN 3050	Prevention and Care of Athletic Injuries	2	Elective
KIN 3052	Rehabilitation of Athletic Injuries	2	Elective
KIN 3058	Therapeutic Modalities for the Athletic Trainer	3	Elective
KIN 3060	Understanding Skill Acquisition for Teaching	3	Elective
KIN 4024	Physical Activity Epidemiology	3	Elective
KIN 4029	Methods of Training and Conditioning	3	Elective
KIN 4042	Applied Biomechanics	3	Elective-prerequisite KIN 3042
KIN 4056	Advanced Exercise Testing & Prescription	4	Elective-prerequisites KIN 3010 & KIN 3021
KIN 4062	Concepts of Human Aging	3	Elective
KIN 4090	Foundations of Coaching	3	Elective
KIN 4097	Mentoring Human Anatomy	3	Elective
KIN 4900	Concepts in Physical Therapy	3	Elective
HLED 3020	Community and Public Health	3	Required-may be taken prior to admission to the <i>professional program</i>
HLED 4020	Food, Health, and Justice	3	Elective
HLED 4130	Management of Coordinated School Health	3	Elective
Therapeutic Science Elective Courses (Junior/Senior Years; Pre-requisite courses for some pre-health professional programs; Academic advising recommended)			
CHEM 2420	Organic Chemistry I	4	Elective
CHEM 2440	Organic Chemistry II	4	Elective
LIFE 2022	Animal Biology	4	Elective
LIFE 3050	Genetics	4	Elective
MICR 2240	Medical Microbiology	4	Elective
MOLB 3610	Principles of Biochemistry	4	Elective
MOLB 4100	Clinical Biochemistry	3	Elective
MOLB 4600	Biochemistry I	3	Elective
PHYS 1120	General Physics II	4	Elective
PSYC 2300	Developmental Psychology	3	Elective
PSYC 2340	Abnormal Psychology	3	Elective
PSYC 3250	Health Psychology	3	Elective
ZOO 4125	Integrative Physiology	4	Elective