



College of Education  
Division of Academic Services

NAME: \_\_\_\_\_ / \_\_\_\_\_  
Student Initials

ACCESS ID: \_\_\_\_\_

CATALOG YR: \_\_\_\_\_

ADVISOR & DATE: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
REV REV

## **Exercise and Sport Science Curriculum Guide**

**Degree: Bachelor of Science in Education**

**Major: Kinesiology**

**Concentration: Exercise & Sport Science**

### **Kinesiology – Exercise and Sport Science Concentration**

A major in Kinesiology with a concentration in Exercise and Sport Science is for self-directed students with a specialized background for professional work in the field of exercise and sport science and who may wish to pursue graduate studies in this area. This major is basic to careers in such fields as adult fitness, corporate fitness, exercise physiology, athletic training, cardiac rehabilitation, and recreation and leisure; and it is a prerequisite to the necessary post-graduate study or additional certification requirements of the field. Exercise and Sport Science is a non-teaching major. The program for Exercise and Sport Science consists of University General Education Requirements (Competency Requirements and Group Requirements), College Requirements, and the Exercise and Sport Science Requirements.

### **Admission to Kinesiology – Exercise and Sport Science**

Students are directly admitted to this program from high school or another institution of higher learning by completing an admission application to the University, selecting major: Kinesiology and concentration: Exercise and Sport Science on the admission application, and acceptance to Wayne State University.

If already admitted to Wayne State University in a different major, please contact an advisor in 489 Education to discuss changing your major.

### **Advising**

Upon admission to WSU, you should meet with an advisor in the Division of Academic Services to discuss the degree requirements. Please schedule an appointment online using the Advisingworks System: <https://advisingworks.wayne.edu>. The Division of Academic Services also has Open Advising each Tuesday from 9:00 am to 4:00 pm. in Room 489, College of Education Building. Students are seen on a first-come, first-served basis during Open Advising (i.e. no appointments are made on Tuesday).

### **Degree Requirements**

A student must complete all University General Education requirements, all College and program requirements, and a minimum of 120 credits with a cumulative grade point average of 2.50 or higher to earn a bachelor's degree in the College of Education.

### **Important Restrictions**

- **No grade below a "C" may be used to meet College Requirements or courses in the major. Note: All students must receive a "C" or higher in Basic and Intermediate Composition if these requirements are completed or transferred in Fall 2008 or thereafter. A grade of "C-" is not acceptable.**
- **Not more than 64 semester hours from a two-year school or schools will apply toward graduation.**

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## University Competency Requirements

<b>Written Communication: Three Requirements (BC, IC, &amp; WI)</b>	<b>Course(s)</b>	<b>Completed By</b>	<b>Done</b>
Basic Composition (BC) (Grade of "C" or higher if completed or transferred in Fall 2008 or thereafter)	Choose one: ENG 1020 or ENG 1050	30 hours	
Intermediate Composition (IC) (Grade of "C" or higher if completed or transferred in Fall 2008 or thereafter)	Choose one: AFS 2390, ENG 2100, ENG 2110, ENG 2120, ENG 2210, ENG 2310, ENG 2390, ENG 2420, ENG 2560, ENG 2570, ENG 3010, ENG 3020, or ENG 3050	60 hours	
Writing Intensive in Major (WI)	KIN 3550 (Required course completed in major)	Completed <u>in</u> major	See page 4

<b>Oral Communication (OC)</b>	<b>Options (Select One):</b>	<b>Completed By</b>	<b>Done</b>
Oral Communication Competency Exam*	Passing score (no credit toward graduation)	30 hours	
Course	Choose one: COM 1010 or ENG 3060	30 hours	

<b>Critical Thinking (CT)</b>	<b>Options (Select One):</b>	<b>Completed By</b>	<b>Done</b>
Critical Thinking Competency Exam*	Passing score (no credit toward graduation)	60 hours	
Course	Choose one: BA 1010, COM 2110, or PHI 1050	60 hours	

\*For more information about Qualifying, Placement, and Proficiency examinations, contact Testing & Evaluation and Research Services in the Student Center Building, Room 686, 313-577-3400, e-mail: [testing@wayne.edu](mailto:testing@wayne.edu); website: <http://www.testing.wayne.edu>.

### College Math Requirement for Kinesiology- Exercise and Sport Science Concentration

<b>Mathematics Requirement</b>	<b>Options (Select One):</b>	<b>Done</b>
Advanced Placement (AP), College-Level Examination Program (CLEP), or American College Test (ACT)	See advisor for appropriate tests and required scores	
Transfer Course	Transfer credit for the equivalent of STA 1020, or MAT 1000 or higher taken at an accredited college	
Math Placement Exam*	MPE Part A & B score of 26 or higher, and MPE Part B score of 5 or higher OR MPE Part A, B and C score of 31 or higher and MPE score Part B of 5 or higher	
WSU Math Course	Satisfactory completion of STA 1020, or any MAT course taken at WSU at the 1000-level or higher	

## University Group Requirements

In meeting group requirements, please note that a given Subject Area Code (e.g. ANT, HIS, PS, etc.) may not be used more than twice, that a course must be at least three semester hours to meet the requirement, and that courses may not be taken on a Passed/Not Passed basis.

Where a choice among courses is possible to meet Competency Requirements, Group Requirements, and College Requirements, the College of Education recommends those courses that would also fulfill a requirement for a major or minor in that subject. Group requirements for Physical Science, Life Science, Laboratory, and American Institutions are fulfilled by College Requirements listed on page 4.

Group Requirement	Course(s)	Code	Done
<b>Physical Science</b>	Fulfilled by PHY 1020, PHY 2130, or PHY 2170	PS	See page 4
<b>Life Science</b>	Fulfilled by BIO 1510	LS	See page 4
<b>Laboratory</b>	Fulfilled by BIO 1510	LB	See page 4
<b>Historical Studies</b>	Choose one: ANT 3200, ASN 1710, CLA 3590, CLA 3720, CLA 5720, GKM 3590, GKM 3720, GKM 5720, GSW 2600, HIS 1000, HIS 1300, HIS 1400, HIS 1600, HIS 1610, HIS 1710, HIS 1800, HIS 1810, HIS 1900, HIS 1910, HIS 1995, HIS 2605, HON 4250, LAS 1900, LAS 1910, NE 2030, or NE 2040	HS	
<b>Basic Social Science</b>	Choose one: AFS 2210, ANT 2100, ECO 1000, ECO 2010, ECO 2020, GPH 1100, GPH 2000, GPH 3130, GPH 3200, GSW 2700, HIS 2000, HON 1000, LAS 3610, PS 1000, PS 2000, PS 2240, SOC 2000, SOC 2020, SOC 2500, SOC 3300, SOC 3510, SOC 4100, or US 2000	SS	
<b>American Society &amp; Institutions</b>	Choose one: HIS 1050, PS 1010 or PS 1030	AI	
<b>Visual &amp; Performing Arts</b>	Choose one: AH 1110, AH 1120, AH 1130, AH 4240, AED 5050, COM 2010, COM 2020, DNC 2000, DNC 2310, ENG 2440, ENG 2450, HON 4240, MUH 1340, MUH 1345, MUH 1350, MUH 1351, MUH 1370, NE 2060, POL 3750, SLA 3710, THR 1010, THR 1030, or THR 1041	VP	
<b>Philosophy &amp; Letters</b>	Choose one: CLA 1010, CLA 2200, CLA 2300, COM 2160, ENG 2200, ENG 2430, ENG 2500, ENG 2510, ENG 2720, ENG 3110, ENG 3120, ENG 3130, ENG 3140, ENG 3470, FRE 2700, FRE 2991, GER 2310, GER 2700, GER 2991, GSW 2500, HEB 3240, HON 2100, HON 4200, ITA 2700, LIN 2720, NE 3240, PHI 1010, PHI 1020, PHI 1030, PHI 1100, PHI 1110, PHI 1120, PHI 1130, PHI 1200, PHI 2100, PHI 2110, PHI 2320, PHI 2400, PHI 2550, PHI 3500, PHI 3550, PHI 3700, PS 3510, PS 3520, RUS 2700, RUS 3600, RUS 3650, SLA 2310, or SPA 2700	PL	
<b>Foreign Culture</b>	Choose one: AFS 3250, AFS 3610, ANT 3150, ANT 3520, ANT 3540, ANT 3550, ARM 3410, ASN 2150, DNC 2400, ENG 2670, ENG 2730, FRE 2710, FRE 2720, GER 2710, GER 2720, GER 3410, GKM 3710, GPH 2700, HIS 2440, HIS 2700, HON 4260, ITA 2710, ITA 2720, JPN 4550, JPN 4560, LAS 2410, LAS 2420, LIN 2730, NE 2000, NE 3225, NE 3550, NUR 4800, PHI 2150, POL 2710, POL 3410, PS 2700, RUS 2710, RUS 3410, SLA 3410, or UKR 3410  - or -  Complete one foreign language sequence through the third semester (Intermediate Level: 2010)	FC	

## College Requirements for Kinesiology – Exercise and Sport Science Concentration

Required Courses	Credit	Done
PSY 1010: Introductory Psychology (4 cr.) or PSY 1020: Elements of Psychology (3 cr.)	4 or 3	
BIO 1510: Basic Life Mechanisms (LS) (LB) <b>Note: BIO 1510 requires completion of BIO 1050, or passing results on the Biology Placement Exam (prerequisite).</b>	4	
BIO 2870: Anatomy & Physiology (with lab) <b>Note: BIO 2870 requires completion of BIO 1510 (prerequisite).</b>	5	

**The Kinesiology major with Exercise and Sport Science concentration requires a total of 66 semester credits. Required courses total 45 semester credits. An additional 21 semester hours (minimum) are completed with approved elective courses.**

### Required Courses (45 semester credits):

Required Courses	Credit	Done
KIN 1991: Professional Perspectives in Kinesiology	3	
KIN 3400: Lifespan Growth & Development	3	
KIN 3540: Cultural Foundations of Kinesiology	3	
HE 2310: Dynamics of Personal Health	3	
HE 3440: Nutrition & Health Education (Prereq. H E 2310)	3	
Choose one of the following: PHY 1020: Conceptual Physics (PS), or PHY 2130: General Physics (PS), or PHY 2170: General Physics (PS)	3	
LFA 2330: First Aid & CPR	3	
HE 3500: Human Disease	3	
KIN 5523: Physical Activity & Exercise Psychology (Prereq. IC, PSY 1010 or higher) or KIN 5520 Sports Psychology (Prereq. IC, PSY 1010 or higher)	3	
KIN 3550: Motor Learning & Control (WI) (Prereq. IC)	3	
KIN 3580: Biomechanics (Prereq. BIO 2870, KIN 1991, College math requirement met, minimum 2.50 cumulative GPA)	3	
KIN 3570: Physiology of Exercise I (Prereq. BIO 2870, KIN 1991, College math requirement met, minimum 2.50 cumulative GPA)	3	
KIN 6100: Methods of Group Instruction (Prereq. KIN 3570) or KIN 6120: Strength and Conditioning (Prereq. KIN 3570, and KIN 3580, Junior/Senior Status or grad status only)	2-3	
KIN 6320: Fitness Assessment & Exercise Prescription (Prereq. BIO 2870, KIN 3570)	3	
KIN 5350: Exercise Science Internship (Prereqs. KIN 6320, LFA 2330)	4	
<b>TOTAL REQUIRED</b>	<b>45</b>	

## Elective Courses (21 semester credits minimum)

**Complete a minimum of 21 semester credits of electives related to the field of Exercise and Sport Science. The electives may include:**

<b>Kinesiology Elective Courses</b>	<b>Credits</b>	<b>Done</b>
HE 3300: Health of the School Child	3	
HE 4340: Family and Reproductive Health	3	
HE 5220: Health Behavior Change (Prereq. IC, and PSY 1010 or higher)	3	
HE 5440: Mental Health and Substance Abuse (Prereq. H E 2310 or H E 3300, and IC)	3	
HE 5522: Health Psychology (Prereq. IC, and PSY 1010 or higher)	3	
KHS 6540: Workshops (6cr maximum)	1-6	
KIN 2560: Individual Problems in Kinesiology (Individually arranged with supervising faculty)	1-3	
KIN 5360: Senior Research Project (Junior or Senior status with supervising faculty)	4	
KIN 5400: Adapted Physical Activity (Prereq. KIN 5110)	3	
KIN 5410: Methods and Materials: Adapted Aquatics (Prereq. KIN 5400)	3	
KIN 5420: Disability and Sports (Prereq. KIN 5400)	3	
KIN 5425: Assessment in Adapted Physical Education (Junior or Senior status, KIN 5400)	3	
KIN 5510: Coaching Principles and Certification (Junior or Senior status)	3	
KIN 5520: Sport Psychology (Prereq. IC, and PSY 1010 or higher) or KIN 5523: Physical Activity & Exercise Psychology (Prereq. IC, and PSY 1010 or higher) <i>*Only the course not chosen in the major may be counted as an elective</i>	3	
KIN 6120: Strength and Conditioning (Prereq. KIN 3570, and KIN 3580) or KIN 6100: Methods of Group Instruction (Prereq. KIN 3570) <i>*Only the course not chosen in the major may be counted as an elective</i>	2-3	
KIN 6150: ECG Interpretation (Prereq. BIO 2870, and KIN 3570)	3	
KIN 6160: Pharmacology for the Physical Activity Professional (Prereq. Junior or Senior status, KIN 3570, and KIN 3580)	3	
KIN 6310: Physiology of Exercise II (Prereq. BIO 2870, and KIN 3570)	3	
<b>Other Elective Courses</b>	<b>Credits</b>	<b>Done</b>
Lifestyle Fitness Activity (LFA) Courses ( <b>4cr maximum</b> )	2-4	
<b>Business Course (6cr maximum)</b>		
BA 2020: Introduction to Business	3	
MKT 2300: Marketing Management (Prereq. ECO 2010)	3	
MGT 2530: Organizational Behavior (Prereq. PSY 1010 or 1020)	3	
EI 5000: Introduction to Entrepreneurship and Innovation	3	
PSL 5010: Individual Research I (Department permission required)	3	
Psychology (PSY) Course at the 2000+ level ( <b>4cr maximum</b> )	3-4	
Sociology (SOC) Course ( <b>4cr maximum</b> )	3-4	
<b>Nutrition &amp; Food Science (NFS) Course (9cr maximum)</b>		
NFS 2030: Nutrition and Health	3	
NFS _____	3	
NFS _____	3	
<b>Pre-Health Sciences admission requirements (21cr maximum)</b> <i>(Pre-Medicine, Pre-Nursing, Pre-Pharmacy, Pre-Physician Assistant Studies, Pre-Occupational Therapy, and Pre-Physical Therapy)</i>	1-21	
<b>Other Approved Elective Courses by advisor</b>	<b>Credits</b>	<b>Done</b>
<b>TOTAL ELECTIVE CREDITS</b>	<b>21+</b>	

**Other courses may be approved as electives by advisor.  
Some electives may require departmental approval.**

**NOTE: Credits for declared minors will not be counted as elective credit**

## **Honors Program**

Students may pursue Departmental Honors in Kinesiology – Exercise and Sport Science Concentration. A minimum 3.30 cumulative GPA and additional coursework is required. For more information, please discuss with your academic advisor.

**It is the student's responsibility to become familiar with and to complete all requirements for the program.**

## **Undergraduate Student Exclusion Policy**

The Kinesiology, Health, and Sports Studies (KHS) division of the College of Education values the student experience and endeavors to ensure that our students have the opportunities, tools, and support to succeed. Students are encouraged to seek assistance from their instructors, counselors or advisors.

The individual program areas in KHS review the academic records of each student at the close of every academic term. If sufficient academic progress, as described below and by program requirements, is not attained, a student may be considered for program exclusion, which will result in the cancellation of any future course enrollments in KHS and removal from the KHS program.

The following criteria will be used to determine exclusion for inadequate academic progress:

**KHS Undergraduate** students may be excluded if you:

- Have taken and earned below a C in a core/major course twice – no overrides will be granted for a third attempt.
- Fail to earn at least a 2.50 semester GPA in the term following the placement of an academic probation hold.
- Earned or maintained a cumulative GPA below a 2.50 for more than three academic semesters after completing 40+ credits at WSU.
- Violate the *Academic Integrity* policy pursuant to the Student Code of Conduct.

Note: The 2.50 cumulative GPA is required for College of Education undergraduate students and exceeds the minimum 2.0 cumulative GPA used by the University to determine academic probation. This policy applies to Level 2 students and students directly admitted to programs without the Level 1 and 2 distinction.