Major in Exercise Science

Course of Study-Effective Fall 2026

Exercise Physiology and Kinesiology Program, Bachelor of Science Degree

University of South Alabama – College of Education and Professional Studies

Department of Health, Kinesiology and Sport

GENERAL EDUCATION (45 Hours)	**Grade**	**Hours**
Area I - Written Composition (2 Courses, 6 Hours)		
EH 101 English Composition I		3
EH 102 English Composition II		3
Area II - Humanities and Fine Arts (4 Courses, 12 Hours) **Sequence required in either English (EH) or History (HY)**		
CA 110 Public Speaking		3
One course from EH 215, 216; 225, 226; 235, 236		3
One course from: ARH 100, 103, 123; ARS 101; DRA 110; MUL 101		3
One course from EH 215, 216; 225, 226; 235, 236 or advisor approved humanities or fine arts elective**.**		3
Area III - Natural Science and Mathematics (3 Courses, 11 Hours)		
One course from: MA 110, 111, 112, 113, 115, 120, 125		3
One Course (including lab): BLY 121 and 121L; CH 131 and 131L		4
One Course from (including lab): BLY 122 and 122L; CH 131 and 131L; CH 132 and 132L		4
Area IV - History, Social and Behavioral Sciences (4 Courses, 12 Hours) **Sequence required in either English (EH) or History (HY)** (*Students will only receive credit for 2 history courses.)* **Recommended*		
One course from HY 101, 102; HY 121, 122; HY 135, 136		3
One course from: AN 100, 101; ECO 215, 216; GEO 114, 115; IST 201; PSC 130; PSY 120*, 250; SY 109, 112		3
One course from: AN 100, 101; ECO 215, 216; GEO 114, 115; IST 201; PSC 130; PSY 120; 250; SY 109, 112		3
One course from: AN 100, 101; ECO 215, 216; GEO 114, 115; HY 101, 102, 121, 122, 135, 136; IST 201; PSC 130; PSY 120, 250; SY 109, 112		3
Area V-Physical Education (4 Courses, 4 Hours)		
PE 102 Weight Training		1
PE 114 Aerobics or PE 132 Group Fitness or PE 145 Jogging		1
2 Hours of PE 101-157 Activity Courses *(Two different activities)*		2
EXERCISE SCIENCE MAJOR CORE ***(54 Hours)***		
BMD 251 Human Anatomy and Physiology I		4
BMD 252 Human Anatomy and Physiology II		4
HS 170 First Aid		1
KIN 100 Concepts of Health and Fitness		3
KIN 201 Orientation to Kinesiology		3
KIN 263 Intro to Nutrition		3
KIN 278 Sport, Performance, and Exercise Psychology		3
KIN 363 Sports Nutrition (W) (*Satisfies University Writing Requirement)*		3
KIN 380 and 380L Kinesiology and Lab		4
KIN 474 Sport and Fitness Conditioning		3
KIN 476 and 476L Exercise Physiology and Lab		4
KIN 479 and 479L-Fitness Assessment and Exercise Prescription and Lab-(W) *(Lab Satisfies University Writing Requirement)*		4
KIN 486 Advanced Exercise Physiology		3
KIN 495 Internship (May be repeated as a Major Elective or General Elective for up to 9 hours.)		3
ST 210 Statistical Reasoning and Applications		3
Elective-Two courses from: HS 475, KIN 370, 462, 463, 471, 475 (W), 480, 483, 484, 495, SM 472 (W)		6
General Electives ***(21 Hours)***		
Advisor Approved Elective 100-499 from ACC, BLY, BMD, BUS, CA, CH, EMS, FIN, HS, IST, KIN, MA, MGT, MKT, OT, PH, PHL, PSY, RTH, SM, SY		21
		Total Hours: 120

Revised 05/04/26

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University and College Requirements:

Writing Requirement – The University requires that a candidate for graduation must have completed two designated writing credit courses at USA, with at least one course chosen from offerings in the candidate's major or minor. Courses meeting this requirement are designated with a (W) after the course title in the "Courses" section of the University Bulletin. Individuals who transfer in credit to substitute for a course(s) designated as a (W) course must meet the writing requirement by taking a (W) course(s) at USA.

Transient Approval – Students must have prior approval (obtained in the Advising Center) to enroll as a transient student at another institution. A maximum of 50% of the credit hours required for the degree may be accepted from a two-year institution.

Residency Requirement – A candidate for graduation must complete a minimum of 25 percent of the credit hours required for the degree through instruction offered by the University of South Alabama in upper-division course work (300 and 400 levels).