

ACADEMIC MAP

Exercise Science (B.S.)

KINESIOLOGY CONCENTRATION



FAIRMONT STATE
UNIVERSITY™

College of Education, Health &
Human Performance

First Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 1100 Fitness & Wellness*	2	(CC 11) Major
PHED 1121 Intro to Human Movement	2	Major
HLTA 1150 Intro to Health Education	3	Major
MATH 1407 or higher	3-4	(CC 5)
ENGL 1101 Written English I	3	(CC 2)
SOAR 1100 or HONR 1100	1	(CC 1)
Total	14-15	

Second Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 2211 Anatomy & Physiology	4	Major (C Req)
PHED 2200 Accident Analysis & Emergency Care	2	Major
ENGL 1102 Written English II	3	(CC 3)
COMM 2200 or 2201 or 2202 (select 1)	3	(CC 4)
HIST 1107, HIST 1108, or POLI 1100, or RECR 1141 (select 1)	3	(CC 10)
Total	15	

Third Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3312 Physiology of Exercise	3	Major (C Req)
NUTR 1110 Nutrition or NUTR 1145 Sports Nutrition	3	Major
CHEM 1101 or CHEM 1105	4-5	Major
PSYC 1101 Intro to Psychology	3	(CC 9)
PHED 2240 Outdoor Leisure Activities	2	Concentration
Total	15 -16	

Fourth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3313 Biomechanics	3	Major (C Req)
PHED 3316 Fitness Assessment	3	Major (C Req)
PHED 3318 Sport Social Psychology	3	Major
Fine Arts – Any Course	3	(CC 7)
Minor Course or Concentration Elective Course	3	Minor/Conc.
Total	15	

Bachelor of Science in Exercise Science First Year

- Begin Core Curriculum Requirements.
- Take introductory Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Earn the required grade of "C" or better in PHED 2211 which serves as a prerequisite for the next level of courses.
- Explore your options for a minor and discuss with your Academic Advisor.

CONCENTRATION ELECTIVES:

Take 9 credits from the following course list.

PHED 2243 Teaching Team Passing Sports

PHED 2244 Teaching Wall-Net Sports

PHED 2246 Teaching Striking/Target Sports

Note: If selecting all PHED courses as concentration electives, it is best to take them in back-to-back-to-back semesters.

BSBA 2204 Principles of Marketing

BSBA 2209 Principles of Management

Bachelor of Science in Exercise Science Second Year

- Continue to fulfill Core Curriculum Requirements.
- Take next level Exercise Science courses.
- Maintain a minimum grade point average of 2.0.
- Earn the required grade of 'C' or better in PHED 3312, PHED 3313 and PHED 3316. These courses serve as a prerequisite for the next level of courses and to keep you on track to graduate.
- Take your first minor course or a concentration elective course. The layout of the plan to complete the minor should be discussed with your advisor.
- Declare this concentration by the end of this semester if you haven't done this already.

CONTACT INFORMATION:

Dr. Paul Reneau – 304.367.4148 paul.reneau@fairmontstate.edu

Dr. Tyler Singer – 304.367.4287 tyler.singer@fairmontstate.edu

Mrs. Virginia Delawder – 304.333.3720 virginia.delawder@fairmontstate.edu

Dr. Richard West – 304.367.4663 richard.west@fairmontstate.edu

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Fifth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3310 Motor Behavior*	3	Concentration
PHED 3314 Group Fitness	2	Major
Humanities – Any Course	3	(CC 6)
Minor Course or Concentration Elective	6	Minor/Conc.
Total	14	

Sixth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3350 Physical Activity & Fitness Education	3	Concentration
RECR 2220 Program Planning*	3	Concentration
Minor Course or Concentration Elective	9	Minor/Conc.
Total	15	

Seventh Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3360 Strength & Conditioning	3	Major
Electives	12	Electives
Total	15	

Eighth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 4420 Exercise Science Internship	3	Major
Electives	12-13	Electives
Total	15-16	

Notes:

Bachelor of Science in Exercise Science Third Year

- Complete Core Curriculum Requirements.
- Maintain a minimum grade point average of 2.0.
- Take required courses for the major and the concentration and select minor courses and electives.
- Pay attention to the courses marked with an asterisk (*) that are only taught in a specific term. Plan accordingly.

Bachelor of Science in Exercise Science Fourth Year

- Apply for graduation the semester prior to when you plan to graduate.
- Complete minor requirements along with remaining major courses.
- Complete 120 credit hours of course work as required by the major, concentration, minor and Core Curriculum.
- Maintain a minimum grade point average of 2.0.
- Gain pre-approval from the course instructor for PHED 4420, Exercise Science Internship the semester prior to scheduling.

Note: This is a suggested course sequence and is meant to be a guide. The Core Curriculum courses are recommendations only. Check the Undergraduate Catalog for entrance year to Fairmont State to learn more about the graduation requirements for this major. July 15 2021 3pm

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