

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	Major/Personal Dev.
PHED 1121 Intro to Human Movement	2	Major
HLTA 1150 Intro to Health Education	3	Major
PHED 3314 Group Fitness	2	Major
ENGL 1101 Written English I	3-4	Written Comm.
SOAR 1100 or HONR 1100	1	First Yr. Sem
HIST 1107, HIST 1108, or POLI 1100, or RECR 1141 (select 1)	3	Citizenship
Total	16-17	

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	Written Comm.
COMM 2200 or 2201 or 2202 (select 1)	3	Oral Comm.
MATH 1430 or higher	3-4	Mathematics
Total	15	

Third Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3312 Physiology of Exercise (PR PHED 2211)	3	Major (C Req)
NUTR 1110 Nutrition or NUTR 1145 Sports Nutrition	3	Major
CHEM 1101 or CHEM 1105	4-5	Major/Science
PSYC 1101 Intro to Psychology	3	Social Science
PHED 2240 Outdoor Leisure Activities	2	Concentration
Total	15 -16	

Fourth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3313 Biomechanics (PR PHED 2211)	3	Major (C Req)
PHED 3316 Fitness Assessment (PR 3312)	3	Major (C Req)
Humanities – Any Course	3	Humanities
Fine Arts – Any Course	3	Fine Arts
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:

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Fifth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3310 Motor Behavior Fall Only	3	Concentration
PHED 3318 Sport Social Psychology (PR PSYC 1101)	3	Major
Minor Course or Concentration Elective	9	Minor/Conc.
Total	15	

Sixth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3350 Physical Activity & Fitness Education* PR PHED 3312 Spring Only	3	Concentration
RECR 2220 Program Planning* Spring only	3	Concentration
Minor Course or Concentration Elective	9	Minor/Conc.
Total	15	

Seventh Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 3360 Strength & Conditioning PR PHED 3313	3	Major
Electives	12	Electives
Total	15	

Eighth Semester

COURSE	CREDIT HOURS	SIGNIFICANCE
PHED 4420 Exercise Science Internship PR PHED 3316	3	Major
Electives	12-13	Electives
Total	15-16	

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.

Notes:

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. Sep. 25, 2026

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