

EAST CENTRAL UNIVERSITY

KINESIOLOGY (EXERCISE SCIENCE) - B.S.  
0202/UG14

Advisor \_\_\_\_\_

Student's Name \_\_\_\_\_ ID No. \_\_\_\_\_

**DEGREE CHECK INCLUDES CURRENT ENROLLMENT**

Checked by \_\_\_\_\_ Date \_\_\_\_\_

Required:  
124 total hours \_\_\_\_\_ completed  
30 hrs @ ECU \_\_\_\_\_ completed  
(15 of last 30 must be at ECU) \_\_\_\_\_  
60 hrs @ Sr College \_\_\_\_\_ completed  
40 hrs upper level \_\_\_\_\_ completed  
HS Curricular Req \_\_\_ met \_\_\_ not met

Work in progress \_\_\_\_\_

2.0 minimum required in the following areas:  
ECU Avg \_\_\_\_\_ Rtn Avg \_\_\_\_\_  
Major Overall Avg \_\_\_\_\_  
Major ECU Avg \_\_\_\_\_  
Minor Overall Avg \_\_\_\_\_  
Minor ECU Avg \_\_\_\_\_

Work lacking:  
Major \_\_\_\_\_ (inc A/C and Related Work)  
Minor \_\_\_\_\_ (incl Rel Wk)  
Prof Educ \_\_\_\_\_  
General Educ \_\_\_\_\_  
Comp Prof \_\_\_ met \_\_\_ not met  
Serv Lrng \_\_\_ met \_\_\_ not met

**REQUIREMENTS**

**HOURS**

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**HOURS**

**I. General Education (45 HOURS)**

5 hours (KIN 2122 and PSYCH 1113) counted in the Major

Other hours needed **40**

**II. Major in KIN - Exercise Science**

**50-51**

**A. Required General Education**

2

\_\_\_ KIN 2122 Choices in Wellness

**B. Required in KIN Core**

26

- \_\_\_ HRPSY 3253 Psychology of Aging
- \_\_\_ KIN 1962 Intro to Kinesiology
- \_\_\_ KIN 2252 Skls & Tech Ind Spts
- \_\_\_ KIN 2262 Skls & Tech Tm Spts
- \_\_\_ KIN 2272 First Aid
- \_\_\_ KIN 2332 Skls & Tech Mvmt Expl/Ftns
- \_\_\_ KIN 2413 Applied Anatomy
- \_\_\_ KIN 2532 Aquatic Skills and Programming
- \_\_\_ KIN 2713 Care and Prevention Ath Inj
- \_\_\_ KIN 3612 Motor Learning
- \_\_\_ KIN 4153 Organization and Administration

**C. Required in Exercise Science Concentration**

19

- \_\_\_ KIN 2222 Sports Nutrition
- \_\_\_ KIN 3352 Research and Evaluation of Kinesiology
- \_\_\_ KIN 3723 Biomechanics
- \_\_\_ KIN 3733 Physio of Exercise
- \_\_\_ KIN 4223 Strength & Conditioning
- \_\_\_ KIN 4283 Practicum
- \_\_\_ KIN 4623 Exer Test & Prescription

**D. Required Exercise Science Electives**

3-4

3-4 hours from the following:

- \_\_\_ BIOL 3634 Human Physiology
- \_\_\_ FCS 1513 Nutrition
- \_\_\_ KIN 3233 Adapted PE
- \_\_\_ KIN 4593 Psy of Sports

**III. Related Work**

3

- \_\_\_ Required General Education
- \_\_\_ PSYCH 1113 General Psychology

**IV. Minor (Required)**

16-21

**V. Electives**

9-15

**VI. Total Hours Required**

124

**VII. Special Requirements**

Four hours credit in basic or recruit military training is granted for one year or more of continuous active full-time military service. This credit includes two hours of elective credit, and two hours which may be applied as KIN 2122 Choices in Wellness.

The OSRHE computer proficiency graduation requirement will be met through completion of one of the courses in the institution's general education computer literacy options (including equated or substituted courses), or testing out of the challenge exam for this course, OR successful completion of an associate of arts or associate of science degree at an Oklahoma two-year college in which the computer skills requirement was met. Satisfaction of this requirement may not reduce or remove any program requirements.

Students beginning at East Central University in the fall 2007 semester or later who have earned less than sixty-four semester hours are required to take two classes with designated service-learning component. Students transferring to ECU for the first time in the fall 2007 semester or later with sixty-four or more semester hours will be required to take one class with a service-learning component.

**MINOR** \_\_\_\_\_

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