



Tennessee Wesleyan UNIVERSITY

DEPARTMENT OF HEALTH & HUMAN PERFORMANCE

Exercise Science

Name: _____ Entry Year: _____
Transfer Hrs. _____ Intent Filed: _____

Wesleyan Essentials (50 s.h.)

Written Word

ENG 101 (3)____
ENG 102 (3)____

Spoken Word

FRE 101,102, 201, 202, 301, 302
SPA 101, 102, 201, 202, 302
ENG 321, ENG 322 (3)____
SPE 101 (3)____

Artist's Expression Choose from two separate disciplines

_____ (3)____
_____ (3)____

Western Heritage

REL _____ (3)____
HIS or PHY _____ (3)____
HIS., PHY., or REL _____ (3)____

Cultural Diversity Choose from two separate disciplines

_____ (3)____
_____ (3)____

Scientific Perspectives

MAT131 or MAT132 (3)____
BIO, CHE, or PHY (3)(w/in major)
MAT 131, MAT 132, BIO, CHE, or PHY (3)(w/in major)

Societal Perspectives Choose from two separate disciplines:

_____ (3)____
_____ (3)____

TWU 101, TWU 102 (3)____

Service Learning/Servant Leadership (met by either SL course or 10 hours service hours)

Freshman Year: _____
Sophomore Year: _____
Junior Year: _____
Senior Year: _____

MAJOR, Core Requirements (25-28 s.h.)

PED 100 P.E. Activity (2)____
BIO 140/141 Anatomy & Physiology I with lab (4)____
BIO 142/143 Anatomy & Physiology II with lab (4)____
HE 264 Safety/First Aid (or certification) (3)____
KNS 210 Leadership in HHP (3)____
KNS 360 Kinesiology (3)____
KNS 370/371 Physiology of Exercise with lab (3)____
KNS 411 Exercise Testing (3)____
KNS 422 Exercise Prescription (3)____

Exercise Science Concentration (31 s.h.)

CHE 110/111 Introduction to Chemistry with lab (4)____
HLT 263 Nutrition (3)____
KNS 350 Care & Prevention of Athletic Injury (3)____
KNS 380 Research Principles & Technique (3)____
KNS 436 Therapeutic Exercise (3)____
KNS 460 Review for Certification (3)____
KNS 480 Epidemiology (3)____
HHP 498 Health/Human Performance Internship (6)____
KNS Elective (200-400 level) (3)____

Electives to complete 120 hours

Writing Proficiency Exam:

Date Passed: _____

Academic Profile:

Date Passed: _____

Major Field Exam:

Date Passed: _____