



**KENTUCKY STATE
UNIVERSITY**

ALLIED HEALTH/FITNESS TRACK

Allied Health/Fitness Track

A Bachelor of Science degree in Exercise Science offers students a comprehensive understanding of human movement, exercise physiology, and health promotion. This degree program typically includes coursework in anatomy, physiology, kinesiology, biomechanics, nutrition, and exercise prescription. Students may have the opportunity to specialize in one of three tracks: Sports Management, Allied Health and Fitness, and Teaching.

Allied Health and Fitness Track:

This track prepares students for careers in clinical and community-based settings, promoting health and wellness through exercise and lifestyle interventions.

Students learn about exercise testing and prescription, health behavior change, injury prevention, and rehabilitation.

Graduates may work as exercise physiologists, fitness trainers, wellness coordinators, cardiac rehabilitation specialists, or corporate wellness consultants in hospitals, clinics, rehabilitation centers, and corporate wellness programs.

Courses needed for preparation of Physical Therapy School (DPT) or Master's in Occupational Therapy (MSOT or OTD): CHE 102/120, PHY 208, and/or PSY 223 (check with the program). **Please check with the program's advisor(s) to discuss courses.**

Course	Title	Hours
Year 1		
Term 1 (Fall)		
ENG 101	English Comp I	3
COM 103	Interpersonal Communication	3
BIO 111	Principles of Biology	4
MAT 115	College Algebra	3
FYE 118	First Year Experience	3
Hours		16
Term 2 (Spring)		
ENG 102	English Comp II	3
EDU 204 or BUA 120	Cultural Responsiveness or Business and Society	3
PSY 200 or SOC 203	General Psychology or Principles of Sociology	3
ALH 210	Term. for Health Care Profess.	2
FIN 101 or ECO 201	Financial Literacy or Prin of Economics I	3
EXC 218	Teach Body Conditioning	1
Hours		15

Year 2

Term 1 (Fall)

CHE 101	General Chemistry I	3
CHE 110	General Chem I Laboratory	1
FNU 104	Basic Nutrition	3
MAT 120	Precalculus	4
EXC 200	Lifelong Leisure Activities	2
EXC 323	Intro to Exercise Science	3
Hours		16

Term 2 (Spring)

MAT 200	Intro to Stat Reasoning & Ana.	4
HED 300	Found of Health Education	3
MUS 130 or ART 130	Introduction to Music or Introduction to Art	3
EXC 299	Sports Concepts	3
HED 371	Intro to Public Health (OR ANY ADVISOR APPROVED COURSES)	3
Hours		16

Year 3

Term 1 (Fall)

HED 321	Community Health	3
BIO 301	Human Anatomy	4
EXC 331	Kinesiology Biomechanics	4
EXC 324	Sports Injury Prevention/Care	3
EXC 333	Psycho Socio Aspects of Sports	3
Hours		17

Term 2 (Spring)

BIO 303	Human Physiology	4
EXC 330	Physiology of Exercise	4
EXC 332	Motor Develop Motor Learning	3
EXC 320	Adapted Physical Education	3
EXC 380	Coaching Competitive Athletics	2
Hours		16

Year 4

Term 1 (Fall)

PHY 207	Physics In Biological Sci I	4
EXC 355	Sports Officiating	2
EXC 401	Tests Measurements of HPE	3
EXC 402	Research Methods/Exercise Sci	3
ASP 303 or POS 101	American Civil Rights Movement or American Government	3
Hours		15

Term 2 (Spring)

EXC 124	Aerobic Dance II	1
EXC 440	Internship In Exercise Science	3
EXC 334	Princ of Strength/Conditioning	3
EXC 421	Organization Admin of HPE	3
EXC 111	Track and Field (OR ANY ADVISOR APPROVED COURSES)	1
Hours		11
Total Hours		122