



**KENTUCKY STATE
UNIVERSITY**

BACHELOR OF SCIENCE IN EXERCISE SCIENCE - TEACHING CERTIFICATION

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.

Teaching Track:

This track is designed for students interested in becoming physical education teachers or coaches in K-12 schools.

Course	Title	Hours
Year 1		
Term 1 (Fall)		
FYE 118	First Year Experience	3
ENG 101	English Comp I	3
COM 103	Interpersonal Communication	3
MAT 115	College Algebra	3
Select one General Education Arts Course		3
MUS 130	Introduction to Music	3
Hours		18
Term 2 (Spring)		
ENG 102	English Comp II	3
Select one General Education Natural Science Course		3
BIO 111	Principles of Biology	3
ENG 211	Intro to Literature	3
Select one General Education Behavioral Science Course		3
PSY 200	General Psychology	3
Select one General Education Humanities Course		3
EDU 204	Cultural Responsiveness	3
Hours		15
Year 2		
Term 3 (Fall)		
EDU 203	Intro to Tech. in Education	3
EDU 202	Found of Teaching and Educ	3
EDU 302	Child & Adolescent Dev	3
BIO 301	Human Anatomy	4
Select one General Education Behavioral Science Course		3
SOC 203	Principles of Sociology	3
Hours		16
Term 4 (Spring)		
HED 321	Community Health	3
ALH 210	Term. for Health Care Profess.	2
EDU 304	Classroom & Learning Manage	3
EXC 299	Sports Concepts	3

EXC 380	Coaching Competitive Athletics	2
EXC 421	Organization Admin of HPE	3
Hours		16
Year 3		
Term 5 (Fall)		
EXC 218	Teach Body Conditioning	1
EXC 331	Kinesiology Biomechanics	4
EXC 334	Princ of Strength/Conditioning	3
EXC 333	Psycho Socio Aspects of Sports	3
EXC 355	Sports Officiating	2
EXC 401	Tests Measurements of HPE	3
Hours		16
Term 6 (Spring)		
EXC 330	Physiology of Exercise	4
EXC 320	Adapted Physical Education	3
BIO 303	Human Physiology	4
HED 300	Found of Health Education	3
FNU 104	Basic Nutrition	3
Hours		17
Year 4		
Term 7 (Fall)		
EDU 422	Teaching Health in Schools	3
EDU 450	Clinical Education Experience	6
HIS 108	Intro to African American Hist	3
Hours		12
Term 8 (Spring)		
EDU 454	Undergraduate Student Teaching	12
Hours		12
Total Hours		122