

## BSK – Exercise and Sports Science Program Map

Semester 1 (Freshman)		Semester 2 (Freshman)		Opportunities available	
Course	Hours	Course	Hours		
ENGL 1101 (Area A)	3	ENGL 1102 (Area A)	3	Join the Kinesiology Club and/or other campus clubs	Year 1
MATH 1111/1113 (Area A)	3	Area E Choice (PSCY 1101)	3	Get help with your courses in Academic Success Center	
COMM 1100 (Area B)	3	HIST 2111 or 2112 (Area E)	3	Volunteer with a service organization	
Area D Lab Science	4	Area D Lab Science	4	Attend Dept. of Kinesiology events	
POLS 1101 (Area E)	3	INQ 1000 (Area B)	1	Consider the Leadership Certificate Program	
Subtotal	16	Subtotal	14	Get involved in a research project with a professor in Kinesiology	
Semester 3 (Sophomore)		Semester 4 (Sophomore)			
KNHS 3100	3	BIOL 2111 (Area F)	4	Take part in Travel Abroad and/or Study Away course	Year 2
Area D Lab Science or MATH 1113/1220/2011	3/4	KNHS 3310	3	Attend Dept. of Kinesiology events	
Area E choice (SOCI 1101)	3	KNHS 2100 (Area F)	3	Volunteer with a service organization	
HUMN choice (Area C)	3	Approved Elective	3	Get help with courses in Academic Success Center	
WELL 1000	2	HUMN choice (Area C)	3	Update your resume and create a LinkedIn Account	
WELL Activity	1			Apply for a summer research program	
Subtotal	15/16	Subtotal	16	Find a faculty research mentor	
Semester 5 (Junior)		Semester 6 (Junior)			
BIOL 2112 (Area F)	4	Area F Lab Science	4	Take a leadership role in the Kinesiology Club or other campus club	Year 3
MATH 2210 (Area F)	3	Approved Elective	3	Research graduate school requirements and prepare for standardized tests required for graduate/professional school admission	
KNHS 3210	3	KNHS 3319	3	Conduct a Mock Interview with your Career Consultant	
KNHS Elective	3	KNHS 4210	3	Volunteer in the community	
Approved Elective	3	KNHS 4350	3	Attend Dept. of Kinesiology events	
Subtotal	16	Subtotal	16	Review social media accounts to ensure professionalism	
Semester 7 (Senior)		Semester 8 (Senior)			
KNHS 3220	3	KNHS 4960	15	Apply for graduate school/programs	Year 4
KNHS 4240	3			Research employers in your field of study	
KNHS 3300	3			Ask for letters of reference from professors and contacts in the field	
KNHS 4230	3			Attend Dept. of Kinesiology events	
WELL Activity	1			Update and refine your resume	
KNHS Elective	3			Attend career/job fairs in geographical areas you want to work	
Subtotal	16	Subtotal	15		
		Total Hours in Program: 124/125			