

**Freshman Year/Pre Kinesiology**

1st Semester (14-16 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
<b>KNES 2168*</b>	3	<b>Anatomy &amp; Physiology for the Health Professions *</b>	Fall, Summer	PKNS major
<b>KNES 2168L</b>	1	<b>Anatomy &amp; Physiology for the Health Professions</b>	Fall, Summer	co-requisite KNES 2168
MATH 1100	3	College Algebra	All, Evenings	Math Placement Test
HAHS 1101 or elective	1 or 3	Prospect for Success in Health & Human Services	Fall, All	HAHS required for new CHHS Freshmen; offered Fall
LBST 1100 Series	3	Arts and Society	All	Choose one course from 1101-1105
COMM 1101 (O)	3	Public Speaking		

2nd Semester (16-17 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
<b>KNES 2150*</b>	3	<b>Introduction to Kinesiology*</b>	All	PKNS Major
<b>CHEM 1200*</b>	3	<b>Fundamentals of Chemistry *</b>	All	
<b>KNES 2169*</b>	3	<b>Anatomy &amp; Physiology for the Health Professions II *</b>	All	Pre-requisite KNES 2168 and lab
<b>KNES 2169L*</b>	1	<b>Anatomy &amp; Physiology for the Health Professions II *</b>	All	Corequisite KNES 2169
WRDS _____	3 or 4	Writing and Inquiry Academic Context	All, Evenings	Based on University placement
Elective	3		All	

**Sophomore Year/Pre-Kinesiology**

3rd Semester (16 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
<b>CHEM 1251*</b>	3	<b>General Chemistry I *</b>	All	CHEM 1200
<b>CHEM 1251L*</b>	1	<b>General Chemistry Lab *</b>	All	Pre/Corequisite: CHEM 1251
LBST _____	3		All	Choose one from 2101 or 2102
<b>STAT 1222*</b>	3	<b>Introduction to Statistics*</b>	All, Evenings	MATH1100/placement (KNES accepts STAT 1220/1221)
<b>KNES 2101*</b>	3	<b>Foundations of Physical Conditioning*</b>	All	Prerequisite: Sophomore Standing
LBST 2301	3	Critical Thinking		Restric: Soph & Prereq(s) WRDS 1101,1102,1103,or 1104

**Bolded and starred\* courses are required to be a part of the 36 hours to be accepted into the EXER major.**

**Refer to the EXER Student Handbook for detailed program information.**

**Sophomore Year/Exercise Science**

4th Semester (15 Hours)	Hours	Course Title	When Offered	Prerequisites & Notes
<b>KNES 2298*</b>	3	<b>Applied Kinesiology</b>	Spring, Summer	KNES 2168/L or BIOL 2273/L C or higher
<b>KNES 2290*</b>	3	<b>Emergency Medical Response</b>	All	EXER Major
Social Sciences Reqs	3	See General Education requirements	All, Evenings	
LBST _____	3	Ethical Issues and Cultural Critique	All	Choose one course from 2211-2215
Elective/Minor	3		All	

		<b>Junior Year/Exercise Science</b>		
<b>5th Semester (15 hrs)</b>	<b>Hours</b>	<b>Course Title</b>	<b>When Offered</b>	<b>Prerequisites &amp; Notes</b>
<b>KNES 3100*</b>	3	<b>Organization and Administration</b>	Fall	EXER Major
<b>KNES 3260*</b>	3	<b>Nutrition for the Physically Active</b>	All	EXER Major
<b>KNES 3280*</b>	3	<b>Exercise Physiology: Foundation and Theory</b>	All	EXER Major
<b>KNES 3281* (W)</b>	3	<b>Exercise Physiology: Principles and Application</b>	All	Co-req to KNES 3280
Elective	3		All	
<b>6 th Semester (16 hrs)</b>	<b>Hours</b>	<b>Course Title</b>	<b>When Offered</b>	<b>Prerequisites &amp; Notes</b>
<b>KNES 3285*</b>	3	<b>Principles of Strength and Conditioning</b>	All	KNES 3280
<b>KNES 3285L</b>	1	<b>Strength &amp; Conditioning Lab</b>	All	Co-req KNES 3285
<b>KNES 3286*</b>	3	<b>Exercise Testing : Foundation and Theory</b>	All	KNES 3280
<b>KNES 3287* (W)</b>	3	<b>Exercise Testing: Principles and Application</b>	All	KNES 3280
Elective	3		All	
Elective	3		All	
		<b>Senior Year/Exercise Science</b>		
<b>7th Semester (13 Hours)</b>	<b>Hours</b>	<b>Course Title</b>	<b>When Offered</b>	<b>Prerequisites &amp; Notes</b>
<b>KNES 4121*</b>	3	<b>Pharmacology for the Physically Active</b>	All	KNES 3280
<b>KNES 4286*</b>	3	<b>Exercise Prescription</b>	All	KNES 3286 and KNES 3287
<b>KNES 3660*</b>	1	<b>Practitioner Seminar</b>	All	
<b>KNES 4293*</b>	3	<b>Biomechanics</b>	All	KNES 2298
Elective	3		All	
<b>8th Semester (15 Hours)</b>	<b>Hours</b>	<b>Course Title</b>	<b>When Offered</b>	<b>Prerequisites &amp; Notes</b>
<b>KNES 4132*</b>	3	<b>Lifetime Weight Management and Behavior Change</b>	Spring	KNES 3260 and KNES 4286
<b>KNES 4490*</b>	9	<b>Exercise Science Internship</b>	All	KNES 2290 and KNES 3660
Elective	3		All	

Minimum total of 120 credit hours require to graduate from UNC Charlotte.

All prerequisites must be successfully completed with C or higher.

Courses(\*) required by the major must receive a grade of C or better to be accepted.







