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## Kinesiology, B.S., Exercise Science Fitness Studies Concentration



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**Degree Awarded:** Bachelor of Science

**Total Credit Hours:** 120

**Career Opportunities:** Corporate and commercial fitness

**Note:** Students must earn at least a 2.0 overall cumulative GPA to remain and graduate in this concentration.

### General Education Core Curriculum

Core Curriculum

#### Freshman Year, First Semester

##### Required Courses

- UNIV 100 – First Year Seminar **3 Credit(s)**
- ENGL 101 – Introduction to Academic Writing **3 Credit(s)**
- HLTH 100 – First Aid **1 Credit(s)**
- PSYC 110 – Introduction to Psychology (for Non-Majors) **3 Credit(s)**
  
- MATH 105 – Applied College Algebra **3 Credit(s)**  
or
- MATH 109 – Pre-Calculus Algebra **3 Credit(s)**

##### Electives

##### Fine Arts (3 Credits)

Choose from the General Education Core list of Fine Arts courses.

**Total: 16 Credits**

#### Freshman Year, Second Semester

##### Required Courses

- BIOL 110 – Fundamentals of Biology I **3 Credit(s)**
- BIOL 112 – Fundamentals of Biology I Lab **1 Credit(s)**
- CHEM 107 – General Chemistry I **3 Credit(s)**
- ENGL 102 – Writing and Research About Culture **3 Credit(s)**
- HLTH 101 – Cardiopulmonary Resuscitation and Basic Life Support **1 Credit(s)**

- KNES 110 – Concepts of Fitness and Wellness **3 Credit(s)**

**Total: 14 Credits**

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## **Sophomore Year, First Semester**

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### **Required Courses**

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- CMCN 170 – Media in the 21st Century **3 Credit(s)**
- HLTH 312 – Wellness **3 Credit(s)**
- MATH 210 – Practical Mathematics **3 Credit(s)**
  
- BIOL 216 – Applied Anatomy and Physiology for Kinesiology **3 Credit(s)**  
or
- BIOL 220 – Survey of Human Anatomy and Physiology **3 Credit(s)**
  
- BIOL 217 – Applied Anatomy and Physiology Laboratory for Kinesiology **1 Credit(s)**  
or
- BIOL 221 – Survey of Human Anatomy and Physiology Laboratory **1 Credit(s)**

### **Electives**

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#### **Literature (3 Credits)**

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Choose from the General Education Core list of Literature courses.

**Total: 16 Credits**

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## **Sophomore Year, Second Semester**

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### **Required Courses**

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- KNES 205 – Technology in Health and Kinesiology **2–3 Credit(s)**
- KNES 380 – Resistance Training and Conditioning Techniques **3 Credit(s)**
- STAT 214 – Elementary Statistics **3 Credit(s)**
  
- CMCN 100 – Principles of Human Communication **3 Credit(s)**  
or
- CMCN 310 – Public Speaking **3 Credit(s)**

### **Electives**

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#### **History (3 Credits)**

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Choose from the General Education Core list of History courses.

**Total: 15 Credits**

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## **Junior Year, First Semester**

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### **Required Courses**

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- KNES 230 – Prevention and Treatment of Athletic Injuries **3 Credit(s)**
- KNES 310 – Anatomical Kinesiology **3 Credit(s)**
  
- KNES 305 – Motor Behavior and Control **3 Credit(s)**  
or
- KNES 306 – Introduction to Physical Education for Individuals With Disabilities **3 Credit(s)**

- PHYS 207 - Introduction to Physics I **3 Credit(s)**
- or
- PHYS 213 - Conceptual Physics **3 Credit(s)**

### Elective (3 Credits)

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Choose from an advisor approved 300/400 level course in KNES, HLTH, or RCEA.

**Total: 15 Credits**

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## Junior Year, Second Semester

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### Required Courses

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- KNES 303 - Physiology of Exercise **3 Credit(s)**
- KNES 304 - Physiology of Exercise Laboratory **1 Credit(s)**
- KNES 360 - Theory of Athletic Coaching **3 Credit(s)**
- KNES 400G - Measurement and Evaluation in Kinesiology **4 Credit(s)**
- PSYC 255 - Life-span Developmental Psychology (for Non-Majors) **3 Credit(s)**

### Elective (3 Credits)

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Choose from an advisor approved 300/400 level course.

**Total: 17 Credits**

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## Senior Year, First Semester

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### Required Courses

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- KNES 415 - Biomechanics **3 Credit(s)**
- KNES 443G - Exercise and Sport Psychology **3 Credit(s)**
- KNES 450G - Exercise Testing and Prescription **3 Credit(s)**
- KNES 455G - Advanced Periodization and Prescription of Resistance Training **3 Credit(s)**
  
- KNES 493G - Teaching Lifetime Sports **3 Credit(s)**
- or
- KNES 494G - Teaching Lifetime Sports II **3 Credit(s)**

**Total: 15 Credits**

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## Senior Year, Second Semester

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### Required Courses

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- HLTH 405G - Nutrition for Fitness and Sports **3 Credit(s)**
- KNES 420G - Legal Liability in Sport and Physical Education **3 Credit(s)**
- KNES 499G - Internship in Kinesiology **3-6 Credit(s)** (*Only 3 Credits Required*)

### Elective (3 Credits)

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Choose from an advisor approved 300/400 level course in KNES, HLTH, or RCEA.

**Total: 12 Credits**

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