

KINESIOLOGY: APPLIED EXERCISE SCIENCE, BS

for the Bachelor of Science in Kinesiology, Applied Exercise Science concentration

The concentration in Applied Exercise Science (AES) offers a sequenced course of study focused on exercise testing, exercise prescription, and nutrition that will prepare students for careers as fitness professionals, personal trainers, strength and conditioning coaches, and clinical exercise physiologists.

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Graduation Requirements

Minimum hours required for graduation: 120 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300- or 400-level. These hours can be drawn from all elements of the degree. Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (<https://studentcode.illinois.edu/article3/part8/3-801/>) (§ 3-801) and in the Academic Catalog (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

General Education Requirements

Follows the campus General Education (Gen Ed) requirements (<https://courses.illinois.edu/gened/DEFAULT/DEFAULT/>). Some Gen Ed requirements may be met by courses required and/or electives in the program.

Code	Title	Hours
	Composition I	4-6
	Advanced Composition	3
	Humanities & the Arts (6 hours)	6
	Natural Sciences & Technology (6 hours)	6
	fulfilled by HK 150 and any other course approved as Natural Sciences & Technology	
	Social and Behavioral Sciences (6 hours)	6
	fulfilled by HK 140 and HK 250	
	Cultural Studies: Non-Western Cultures (1 course)	3
	Cultural Studies: US Minority Culture (1 course)	3
	Cultural Studies: Western/Comparative Cultures (1 course)	3
	Quantitative Reasoning (2 courses, at least one must be Quantitative Reasoning I)	6-10
	fulfilled by HK 201 and any other course approved as Quantitative Reasoning I	

Language Requirement (Completion of the third semester or equivalent of a language other than English is required) 0-15

Major Requirements

Code	Title	Hours
HK 125	Orientation to Health & Kinesiology	1
HK 140	Social Sci of Human Movement	3
HK 150	Bioscience of Human Movement	3
HK 154	Physical Activity, Nutrition, and Health	3
HK 160	Foundations and Careers in Kinesiology	3
HK 201	Health Sciences Research Methods	3
HK 250	Motor Development and Control	3
MCB 244 & MCB 245	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
MCB 246 & MCB 247	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5

Concentration Requirements

Code	Title	Hours
HK 350	Fitness Testing and Ex Prescription	3
HK 352	Bioenergetics of Movement	3
HK 354	Musculoskeletal Anatomy	3
HK 454	Physiological Basis of Strength & Conditioning	3

Concentration Electives. Choose three courses from the following: 9

HK 340	Social & Psychological Aspects of Physical Activity	3
HK 353	Biomechanics of Human Movement	3
HK 362	Coaching Strategies	3
HK 438	Mechanisms of Exercise & Sport Injury	3
HK 446	Physical Activity & Diverse Populations	3
HK 449	Health Assessment	3
HK 452	Clin & Applied Ex Physiology	3
HK 453	Nutrition for Performance	3
HK 459	Physical Activity Across the Lifespan	3
RST 340	Facility Management in Recreation, Sport and Tourism	3

Experiential Learning Course (HK 351, HK 360, HK 390, HK 391, Maximum HK 472, HK 495) of 6

Code	Title	Hours
Total Hours		120

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This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may

impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information, see the corresponding section on the Degree and General Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

First Year

First Semester	Hours
Composition I or General Education course	4
HK 125	1
HK 140	3
HK 154	3
Free Elective course	4
Total Hours	15

Total Hours 15

First Year

Second Semester	Hours
General Education course or Composition I	3
HK 150	3
HK 160	3
General Education course	3
Free Elective course	4
Total Hours	16

Total Hours 16

Second Year

First Semester	Hours
MCB 244	3
MCB 245	2
HK 201	3
HK 250	3
Language Other Than English (3rd level)	4
Total Hours	15

Total Hours 15

Second Year

Second Semester	Hours
MCB 246	3
MCB 247	2
General Education course	3
Free Elective course	3
Free Elective course	3
Total Hours	14

Total Hours 14

Third Year

First Semester	Hours
HK 350	3
HK 352	3
General Education course	3
Free Elective course	3
Free Elective course	3
Total Hours	15

Total Hours 15

Third Year

Second Semester	Hours
HK 354	3
HK 454	3
General Education course	3
General Education course	3
Free Elective course	3
Total Hours	15

Total Hours 15

Fourth Year

First Semester	Hours
Concentration Elective	3
Concentration Elective	3
General Education course	3
Free Elective course	3
Free Elective course	3
Total Hours	15

Total Hours 15

Fourth Year

Second Semester	Hours
Concentration Elective	3
General Education course	3
Free Elective course	3
Free Elective course	3
Free Elective course	3
Total Hours	15

Total Hours 15

Total Hours: 120

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1. Content Knowledge: Students will learn and engage with significant theories, models, themes, and ideas within the health and/or kinesiology disciplines.
2. Critical Thinking and Discovery: Students will explore and analyze scientific findings to promote inquiry, generate evidence-based solutions, and create new ideas within health and/or kinesiology disciplines.
3. Awareness and Understanding: Students will be exposed to and engage with a holistic perspective related to the diverse

socioeconomic, behavioral, sociocultural, biological, environmental, philosophical, ethical and historical factors that influence health and/or kinesiology.

4. Programming and Assessment: Students will apply evidence-based practices in developing, implementing, and assessing programs and interventions related to health promotion, physical activity adoption and adherence, and the prevention and management of diseases.
5. Leadership and Engagement: Through a variety of applied learning opportunities, students will demonstrate leadership and effective communication skills, showcase an appreciation of and commitment to health and well-being as they develop and sustain productive relationships and work for the common good at local, national, and global levels.

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Department of Health and Kinesiology

Health and Kinesiology Website (<https://hk.illinois.edu/>)

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College of Applied Health Sciences

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1206 South 4th Street

Champaign, IL 61820

(217) 333-2131

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Advising

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Admissions

Admissions Website (<https://hk.illinois.edu/admissions/>)

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