

Exercise Science, Associates of Science

Northern Wyoming Community College District

FRESHMAN

Fall Semester				Hrs	Spring Semester				Hrs
Dept	#	Course Title	#		Dept	#	Course Title	#	
ENGL	1010	English I	3		CO/M	0000	Communications Requirement	3	
PEPR	1035	Foundations of Exercise Science	2		STAT	2050	Fundamentals of Statistics	4	
MATH	0000	Basic Math Requirement*	3-4		AW	0000	Advanced Writing	3	
WL	0000	Health & Wellness Requirement	2		CNST	0000	US & WY Constitution Requirement	3	
BIOL or CHEM or CHEM	1010	General Biology I			FCSC or PEPR	1141	Principles of Nutrition	3	
	1000	Introduction Chemistry	4			1150	Intro to Sports & Exercise Nutrition		
	1020	General Chemistry I							
TOTAL				14-15	TOTAL				16



NORTHERN WYOMING
COMMUNITY COLLEGE DISTRICT

SOPHOMORE

Fall Semester				Hrs	Spring Semester				Hrs
Dept	#	Course Title	#		Dept	#	Course Title	#	
PEPR	2050	Care and Prevention of Athletic Injuries	2		PEPR	2137	Personal Trainer Education II	3	
PEPR	2135	Personal Trainer Education I	3		PEPR	2060	Methods of Training & Conditioning	3	
ZOO	2010	Human Anatomy & Physiology I	4		KIN	2395	Exercise Science Capstone	3	
PSYC	1000	General Psychology	4		ZOO	2020	Human Anatomy & Physiology II	4	
CS	0000	Cultural Studies	3		PEPR	2470	Internship in Fitness & Personal Training	1-2	
TOTAL				16	TOTAL				15

Total Degree Hours 61-62

Transfer Recommendations and Notes:

*Students wishing to transfer to pursue a B.S. degree will need to take MATH 1400

Kinesiology & Health Promotion, Bachelors of Science

University of Wyoming

JUNIOR

Fall Semester			Hrs	Spring Semester			Hrs
Dept	#	Course Title	#	Dept	#	Course Title	#
KIN	3021	Physiology of Exercise	4	KIN	3021	Physiology of Exercise*	4
KIN	3010	Fundamentals of Health & Fit. Assess.	3	KIN	3010	Fundamentals of Health & Fit. Assess. *	3
KIN/HLED	Required & Elective courses from page three (8-9 hours if concurrently completing KIN 3010; 11-12 hours if not)		8-12	KIN/HLED	Required & Elective courses from page three (8-9 hours if concurrently completing KIN 3010; 11-12 hours if not)		8-12

TOTAL 15-16

TOTAL 15-16



SENIOR

Fall Semester			Hrs	Spring Semester			Hrs
Dept	#	Course Title	#	Dept	#	Course Title	#
KIN/ HLED	4015/ 4016	Internship ² &/or Research Internship ²	3 3	KIN/ HLED	4015/ 4016	Internship ² &/or Research Internship ²	3 3
USP COM3	COM 3		3	KIN/HLED		Required & Elective courses from page three	9-12
KIN/HLED	Required & Elective courses from page three		9-12	USP COM3	COM 3		3

TOTAL 15

TOTAL 15

Total Degree Hours 77

Transfer Recommendations and Notes:

* If not completed previously

² Six (6) credit hours of *internship* &/or *research internship* are required for the Kinesiology and Health Promotion major. Up to twelve (12) credit hours may be completed and applied toward the program of study. Internship credit hours may be split across terms (e.g., fall/spring/summer) or may be completed in a single semester if coursework scheduling allows.

³ For students pursuing the Therapeutic Science emphasis (e.g., medicine, physician assistant, PT, OT, optometry, chiropractic, etc.), ~16 credit hours of additional science/math elective coursework offered outside the Division of Kinesiology and Health is typically required. Students should meet with their advisor and/or the College of Health Sciences pre-professional advisors to determine which elective science/math coursework is required/recommended. Elective coursework should be included in junior/senior program planning based on student needs and course availability. Some science courses are only offered one time per year (either fall or spring) so advance planning is recommended.

K&H Required & Elective Courses

Course	Name	Hours	Comment(s)
KIN 3034 <i>or</i> KIN 4020	Lifespan Motor Development Motor Behavior	3 3	One of two is required; other course may be taken as an elective
KIN 3037 <i>or</i> KIN 3038	Sport Psychology Exercise Physiology	3 3	One of two is required; other course may be taken as an elective
KIN 3040	Teaching Human Anatomy	3	Elective-application and instructor permission required
KIN 3042	Biomechanics of Human Movement	3	Required
KIN 3050	Prevention and Care of Athletic Injuries	2	Elective
KIN 3052	Rehabilitation of Athletic Injuries	2	Elective
KIN 3058	Therapeutic Modalities for the Athletic Trainer	3	Elective
KIN 3060	Understanding Skill Acquisition for Teaching	3	Elective
KIN 4024	Physical Activity Epidemiology	3	Elective
KIN 4029	Methods of Training and Conditioning	3	Elective
KIN 4042	Applied Biomechanics	3	Elective-prerequisite KIN 3042
KIN 4056	Advanced Exercise Testing & Prescription	4	Elective-prerequisites KIN 3010 & KIN 3021
KIN 4062	Concepts of Human Aging	3	Elective
KIN 4090	Foundations of Coaching	3	Elective
KIN 4097	Mentoring Human Anatomy	3	Elective
KIN 4900	Concepts in Physical Therapy	3	Elective
HLED 3020	Community and Public Health	3	Required-may be taken prior to admission to the <i>professional program</i>
HLED 4020	Food, Health, and Justice	3	Elective
HLED 4130	Management of Coordinated School Health	3	Elective

Therapeutic Science Elective Courses (Junior/Senior Years; Pre-requisite courses for some pre-health professional programs; Academic advising recommended)

CHEM 2420	Organic Chemistry I	4	Elective
CHEM 2440	Organic Chemistry II	4	Elective
LIFE 2022	Animal Biology	4	Elective
LIFE 3050	Genetics	4	Elective
MICR 2240	Medical Microbiology	4	Elective
MOLB 3610	Principles of Biochemistry	4	Elective
MOLB 4100	Clinical Biochemistry	3	Elective
MOLB 4600	Biochemistry I	3	Elective
PHYS 1120	General Physics II	4	Elective
PSYC 2300	Developmental Psychology	3	Elective
PSYC 2340	Abnormal Psychology	3	Elective
PSYC 3250	Health Psychology	3	Elective
ZOO 4125	Integrative Physiology	4	Elective