



ADVISING GUIDE

Exercise and Sport Science

EDUCATION BUILDING (ROOM 489)

(313) 577-1601

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ADVISING

Student Last Name A-K

Fawne Allossery, ac9010@wayne.edu

Student Last Name L-Z

Kurt Troutman, fz4394@wayne.edu

Appointments

[Schedule an appointment](#)

[Drop-Ins \(via Zoom\)](#)

Every Tuesday 9am to 4pm

GENERAL EDUCATION

Competency Requirements:

- Basic Composition
- Intermediate Composition
- Oral Communication
- Quantitative Experience (QE)

Inquiry Requirements:

- Natural Scientific Inquiry (BIO & PSY)
- Natural Scientific Inquiry w/Lab (BIO)
- Civic Literacy Inquiry
- Social Inquiry (KHS 1000)
- Cultural Inquiry
- Diversity Equity & Inclusion Inquiry
- Global Learning Inquiry

PROGRAM REQUIREMENTS

- PSY 1010/1020
- BIO 1510+1511
- BIO 2870
- CHM 1020/1100+1130
- PHY 1020/2130/2170

OVERLAPPING COURSES

- STA 1020-gen ed + elective
- PSY 1010 /1020-gen ed + program req
- BIO 1510-gen ed + program req
- KHS 1000-gen ed + major
- SAM 3020-gen ed + elective

The **Bachelor of Science** with a major in Exercise and Sport Science consists of four main areas: general education, program requirements, major coursework and approved program electives. Some courses may overlap across several areas. Although there are many options when considering when to take the courses in your major it is import to understand the core sequence of courses that lead to graduation, these courses must be taken in order.



- #### REQUIRED MAJOR COURSES (40 CREDITS)
- KHS 1000:** Contemporary Issues in Sport, Exercise, & Health Sciences (3cr)
 - KIN 3000:** Professional Perspectives in Kinesiology & Exercise Science (3cr)
 - KIN 3400:** Lifespan Growth & Development (3cr)
 - KIN 3540:** Cultural Foundations of Kinesiology (3cr)
 - HE 3440:** Nutrition & Health Education* (3cr) or **NFS 2030:** Nutrition & Health (3cr)
 - HE 3500:** Human Disease (3cr)*
 - KIN 5523:** Physical Activity & Exercise Psychology* (3cr) or **KIN 5520:** Sports Psychology* (3cr)
 - KIN 3550:** Motor Learning & Control* (3cr)
 - KIN 3580:** Biomechanics* (3cr)
 - KIN 6300:** Exercise Physiology I* (3cr)
 - KIN 6100:** Methods of Group Instruction* (3cr) or **KIN 6120:** Strength and Conditioning* (3cr)
 - KIN 6320:** Fitness Assessment & Exercise Prescription* (3cr)
 - KIN 5350:** Exercise Science Internship* (4cr)
- *requires prerequisite course(s)*

The Exercise & Sport Science program requires 21 credit hours of approved program electives. These can be used to satisfy some of the science & math prerequisites for professional schools. Other approved program electives come from a variety of areas and can even be used to add a university minor. A full list of electives can be found by [clicking here](#).

ELECTIVE SUBJECT AREAS	POPULAR MINORS	PRE-PROFESSIONAL
<ul style="list-style-type: none"> ◆ Health Education ◆ Kinesiology ◆ Sport Management ◆ Activity Courses ◆ Business ◆ Psychology ◆ Sociology ◆ Nutrition & Food Science ◆ Industrial Engineering 	<ul style="list-style-type: none"> ◆ Community Health ◆ Sport Management ◆ Sport Coaching ◆ Yoga & Mindfulness ◆ Nutrition & Food Science ◆ Psychology (Health) ◆ Business ◆ Neuroscience ◆ Global Health & Social Medicine 	<ul style="list-style-type: none"> ◆ Pre-Athletic Training ◆ Pre-Chiropractic ◆ Pre-Dental ◆ Pre-Medicine ◆ Pre-Nursing ◆ Pre-Pharmacy ◆ Pre-Physician Assistant ◆ Pre-Occupational Therapy ◆ Pre-Physical Therapy

IMPORTANT RESTRICTIONS & REQUIREMENTS

- ◆ Minimum total credits to degree, 120
- ◆ 2.0 Minimum GPA required
- ◆ Minimum grade of "C" in major, program electives, program requirements, (BC), (ICN) & (QE)
- ◆ The Academics Exclusion Policy can be found by clicking [here](#).

Please consult the University Bulletin (bulletins.wayne.edu/undergraduate) for official curriculum.