

Undergraduate Advising Center

Exercise Science B.S. - 4 Year Degree Plan

2025-2026

Lamar University's **Bachelor of Science in Exercise Science** provides a strong background in exercise and basic sciences, nutrition, psychology, principles of disease, exercise prescription, measurement and laboratory techniques. There are two concentrations offered to students: **pre-professional** and **personal fitness**. That way students can satisfy the prerequisites for additional professional training in medicine (physicians), physical therapy, occupational therapy, physician assistant and law or to pursue graduate studies in exercise and basic sciences, to mention a few.

NOTE: Degree plans may change over a four-year period. This may not be the most current list of course requirements for your program. It is always advised that you check Degree Audit in Banner Self-Serv or your advisor for the most up-to-date degree requirements and to track your progress toward a degree.

FIRST YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	ENGL 1301	Composition I	3	_____	ENGL 1302	Composition II	3	_____
	HIST 1301	U S History I 1763-1877	3	_____	HIST 1302	U S History II Since 1877	3	_____
	KINT 1301	Introduction to Kinesiology	3	_____	HLTH 1370	Health and Wellness	3	_____
	Creative Arts		3	_____	MATH 1314	College Algebra	3	_____
	COMM 1315	Public Speaking I	3	_____	NUTR 1322	Introductory Nutrition	3	_____
		Hours	15	_____		Hours	15	_____
SECOND YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	Language, Philosophy, Culture Core		3	_____	KINT 2371	Functional Anatomy/Physiology	3	_____
	POLS 2301	Intro to American Government I	3	_____	PSYC 2301	General Psychology	3	_____
	BIOL 2401	Anatomy and Physiology I	3	_____	BIOL 2402	Anatomy and Physiology II	3	_____
	MATH 1342	Elementary Statistical Methods	3	_____	POLS 2302	Intro/American Government II	3	_____
	KINT 2378	Applied Fitness Concepts	3	_____	KINT 3324	Metabolic Effects of Sport and Exercise	3	_____
		Hours	15	_____		Hours	15	_____
THIRD YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3315	Biomechanics	3	_____	KINT 3310 or KINT 4318	Wellness Strategies ESPF or Neuromuscular Physiology ESPP	3	_____
	KINT 3342 or KINT 3322	Cardiopulmonary Exercise Physiology ESPP or Strength & Conditioning ESPP	3	_____	KINT 3318	Research Methods	3	_____
	KINT 3330 & KINT 3130	Exercise Physiology & Exercise Physiology Lab	4	_____	HLTH 3360	Epidemiology	3	_____
	Elective		3	_____	Emphasis Course		3	_____
	Elective		3	_____	Emphasis Course		3	_____
		Hours	16	_____		Hours	15	_____
FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3380	Testing Procedures and Measurements	3	_____	KINT 4315	Electrocardiography	3	_____
	KINT 4323	Practicum in Exercise Science	3	_____	KINT 4355	Fitness Special Populations	3	_____
	KINT 4350	Exercise Prescription	3	_____	KINT 4630	ESFM Preceptorship	6	_____
	Emphasis Course		3	_____				_____
	Emphasis Course		3	_____				_____
		Hours	15	_____		Hours	12	_____