

BACHELOR OF SCIENCE IN APPLIED SCIENCE EXERCISE SCIENCE - GRADUATE TRACK

COURSE	TITLE	S.H.
General Education Requirements 9		
Core Competencies		
ENGL 1550	Writing 1	
ENGL 1551	Writing 2	
CMST 1545	Communication Foundations	
Mathematics Requirement 5-7		
MATH 1513	Algebra and Transcendental Function	
or		
MATH 1510 & MATH 1511	College Algebra and Trigonometry	
Arts and Humanities 6		
Natural Sciences 9		
CHEM 1515 & 1515L	General Chemistry 1 and General Chemistry 1 Laboratory	
PHYS 1501	Fundamentals of Physics 1	
PHYS 1501L	Fundamentals of Physics Laboratory 1	
Social Sciences 6		
PSYC 1560	General Psychology	
Social & Personal Awareness 6		
FNUT 1551	Normal Nutrition	
General Education Elective 2		
KSS 1595	Introduction to Kinesiology and Sport Science (FYE course)	
Required Courses (54 s.h.)		
KSS 1559	Aerobic Conditioning Activities	2
KSS 1560	Resistance Training	2
HPES 15XX	Activity Elective	1
KSS 2605	Sports First Aid and Injury Prevention	3
KSS 2625	Pedagogical Aspects of Exercise Science	3
KSS 3700	Exercise Testing and Prescription 1	4
KSS 3705	Statistics Research in Exercise Science	3
KSS 3710	Physiology of Exercise	4
KSS 3710L	Physiology of Exercise Laboratory	1
KSS 3720	Kinesiology and Applied Anatomy	4
KSS 3720L	Kinesiology and Applied Anatomy Laboratory	1
KSS 3730	Exercise Testing and Prescription 2	4
KSS 3760	Strength Training and Conditioning	3
KSS 4805	Administration of Exercise Programs	3
KSS 4810	Exercise Testing and Prescription 3	4
KSS 4875	Exercise Counseling and Behavioral Strategies	4
KSS 4880	Internship	8
Required support courses (9 s.h.)		
BIOL 3705	Introduction to Human Gross Anatomy	4
BIOL 3705L	Introduction to Human Gross Anatomy Laboratory	0
BIOL 3730	Human Physiology	4
BIOL 3730L	Human Physiology Laboratory	1
Additional recommended graduate prep courses. Check your specific graduate program requirements.		
BIOL 2601 & 2601L	General Biology: Molecules and Cells and General Biology: Molecules and Cells Laboratory	4

BIOL 2602 & 2602L	General Biology: Organisms and Ecology and General Biology: Organisms and Ecology Laboratory	4
CHEM 1516 & 1516L	General Chemistry 2 and General Chemistry 2 Laboratory ¹	4
PHYS 1502	Fundamentals of Physics 2 ¹	3
PHYS 1502L	Fundamentals of Physics Laboratory 2	1

¹ Not required for MAT at YSU.

Course	Title	S.H.
Year 1		
Fall		
KSS 1559	Aerobic Conditioning Activities	2
MATH 1513	Algebra and Transcendental Function	5
ENGL 1550	Writing 1	3
CMST 1545	Communication Foundations	3
A&H Elective		3
Semester Hours		16
Spring		
KSS 1560	Resistance Training	2
KSS 1595	Introduction to Kinesiology and Sport Science	2
ENGL 1551	Writing 2	3
CHEM 1515 & 1515L	General Chemistry 1 and General Chemistry 1 Laboratory	4
BIOL 2601 & 2601L	General Biology: Molecules and Cells and General Biology: Molecules and Cells Laboratory	4
Semester Hours		15
Year 2		
Fall		
KSS 15XX	Level Activity Elective	1
KSS 2605	Sports First Aid and Injury Prevention	3
KSS 2625	Pedagogical Aspects of Exercise Science	3
BIOL 2602 & 2602L	General Biology: Organisms and Ecology and General Biology: Organisms and Ecology Laboratory	4
PSYC 1560	General Psychology	3
FNUT 1551	Normal Nutrition	3
Semester Hours		17
Spring		
KSS 3700	Exercise Testing and Prescription 1	4
KSS 3705	Statistics Research in Exercise Science	3
BIOL 3730	Human Physiology	4
BIOL 3730L	Human Physiology Laboratory	1
PHYS 1501	Fundamentals of Physics 1	4
PHYS 1501L	Fundamentals of Physics Laboratory 1	1
Semester Hours		17
Year 3		
Fall		
KSS 3710	Physiology of Exercise	4
KSS 3710L	Physiology of Exercise Laboratory	1
KSS 3720	Kinesiology and Applied Anatomy	4
KSS 3720L	Kinesiology and Applied Anatomy Laboratory	1
KSS 4805	Administration of Exercise Programs	3
BIOL 3705	Introduction to Human Gross Anatomy	4
Semester Hours		17

Spring

KSS 3730	Exercise Testing and Prescription 2	4
KSS 3760	Strength Training and Conditioning	3
A&H Elective		3
SS Elective		3
SPA Elective		3
Semester Hours		16

Year 4

Fall

KSS 4810	Exercise Testing and Prescription 3	4
Elective above 3700 Level		3
Elective		3
Elective		3
Elective		3
Semester Hours		16

Spring

KSS 4880	Internship	8
KSS 4875	Exercise Counseling and Behavioral Strategies	4
Semester Hours		12
Total Semester Hours		126