

BACHELOR OF SCIENCE IN APPLIED SCIENCE EXERCISE SCIENCE - GRADUATE TRACK

Program Director: Garrett Kellar (ggekellar@ysu.edu)

COURSE	TITLE	S.H.
FIRST YEAR REQUIREMENT -STUDENT SUCCESS		
YSU 1500	Success Seminar	1-2
or SS 1500	Strong Start Success Seminar	
or HONR 1500	Intro to Honors	
General Education Requirements		9
ENGL 1550	Writing 1	
ENGL 1551	Writing 2	
CMST 1545	Communication Foundations	
Mathematics Requirement		5-7
MATH 1513	Algebra and Transcendental Function	
or MATH 1511	College Algebra & MATH 1511 and Trigonometry	
Arts and Humanities (2 courses)		6
CHEM 1515 & 1515L	General Chemistry 1 and General Chemistry 1 Laboratory	4
PHYS 1501	Fundamentals of Physics 1	4
PHYS 1501L	Fundamentals of Physics Laboratory 1	1
Social Science (1 course)		3
PSYC 1560	General Psychology	3
Social & Personal Awareness (1 course)		3
FNUT 1551	Normal Nutrition	3
Major Required Courses		
KSS 1595	Introduction to Kinesiology and Sport Science (FYE course)	2
KSS 1559	Aerobic Conditioning Activities	1
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
STAT 2625	Statistical Literacy and Critical Reasoning	4
KSS 3700	Exercise Evaluation and Testing	4
KSS 3710	Physiology of Exercise	4
KSS 3710L	Physiology of Exercise Laboratory	1
KSS 3720	Kinesiology and Applied Anatomy	4
KSS 3730	Exercise Prescription	4
KSS 3760	Strength Training and Conditioning	3
KSS 4805	Administration of Exercise Programs	3
KSS 4810	Clinical Exercise Testing and Prescription	4
KSS 4875	Exercise Counseling and Behavioral Strategies	4
KSS 4880	Internship	8
Required additional 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
Total Semester Hours		122-125

¹ Not required for MAT at YSU.

Course	Title	S.H.
Year 1		
Fall		
YSU 1500	Success Seminar	1
KSS 1559	Aerobic Conditioning Activities	1
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 4805	Administration of Exercise Programs	3

BIOL 3705	Introduction to Human Gross Anatomy	4
BIOL 3705L	Introduction to Human Gross Anatomy Laboratory	0
Semester Hours		16
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		3
Elective		3
Elective		3
Semester Hours		13
Spring		
KSS 4880	Internship	8
KSS 4875	Exercise Counseling and Behavioral Strategies	4
Semester Hours		12
Total Semester Hours		122