

Kinesiology and Exercise Science

Major

The Kinesiology Major at Illinois College offers students an opportunity to explore the human physiological response to movement and exercise through coursework that includes human anatomy, biomechanics, nutrition, strength and conditioning, and kinesiology. This major will prepare students for careers or graduate work in athletic training, exercise physiology, physical therapy, physical education, and many other professions.

The two concentrations within the kinesiology major each require the kinesiology core coursework, electives, and a capstone experience. A detailed summary of the course requirements for the core and each concentration is provided below.

Core Courses

Item #	Title	Credits
	BI 110 or BI 107	4.0
BI 110	Biological Investigation	4.0
BI 107	Human Biology	4.0
	Sub-Total Credits	8
KI 201	Introduction to Kinesiology	4.0
KI 340	Exercise Physiology	4.0
KI 341	Biomechanics	4.0
	Sub-Total Credits	16

Exercise Science Concentration

This concentration is well suited for students preparing for careers in a wide range of careers in wellness and health promotion fields as well as students preparing for graduate work in Athletic Training, Exercise Science, and Exercise Physiology.

Exercise Science Concentration electives (26 credit hours)

Item #	Title	Credits
Students must complete one of these two-credit experiences		2.0
KI 101	First Aid and CPR/AED	2.0
KI 463	Internship in Kinesiology and Exercise Science	1.0-4.0
Sub-Total Credits		3-6
Students will choose five electives with the guidance of their advisors:		20.0
BI 315	Anatomy and Physiology I	4.0
BI 316	Anatomy and Physiology II	4.0
CH 110	General Chemistry	4.0
KI 225	Nutrition	4.0
KI 232	Motor Development	4.0
KI 240	Principles of Strength Training and Conditioning	4.0
KI 308	Prevention and Care of Athletic Injuries	4.0
KI 335	Personal Wellness and Fitness	4.0
KI 383	Exercise Testing, Evaluation, and Prescription	4.0
SM 305	Athletic Administration	4.0
PY 181	General Physics I	4.0
PY 182	General Physics II	4.0
Sub-Total Credits		48
Capstone for Exercise Science Concentration		4.0
HS 402	Senior Seminar	4.0
BI 401	Research and Analysis I	2.0
BI 402	Research and Analysis II	2.0
BI 404	Experiential Learning Capstone	3.0-4.0
IS 485	A Liberal Arts Survival Guide	4.0
Sub-Total Credits		15-16
Sub-Total Credits		26

Physical Education Concentration

This concentration is intended for students pursuing PE teacher licensure. Students in this concentration should double major in kinesiology and education.

These students should enroll in ED 101 their first semester or as soon as possible thereafter and work closely with their advisors in both departments to ensure all State of Illinois requirements for licensure are met.

Physical Education concentration required courses (26 credit hours plus capstone/student teaching)

Item #	Title	Credits
KI 211	Foundations of Physical Education	3.0
KI 214	Teaching Physical Activities	3.0
KI 232	Motor Development	4.0
KI 310	Adaptive Physical Education	3.0
KI 326	Teaching K-12 Physical Education	3.0
KI 332	Applied Motor Learning	2.0
KI 335	Personal Wellness and Fitness	4.0
PS 312	Adolescent Psychology	4.0
	Capstone for Physical Education Concentration	4.0
	Sub-Total Credits	26
	Total Credits	46