

University of the Incarnate Word®
Bachelor of Science in
Kinesiology - Exercise Science

Ila Faye Miller School of Nursing and Health Professions

PROGRAM OVERVIEW

The Bachelor of Science (B.S.) in Kinesiology – Exercise Science at the Ila Faye Miller School of Nursing and Health Professions at the University of the Incarnate Word is for individuals interested in promoting positive exercise, physical activity, and health and wellness behaviors in children and adults. The program of study leading to the Bachelor of Science degree prepares students to pursue careers in the fitness industry as well as graduate education in exercise science, pre-professional, or allied health fields. Graduates also acquire the knowledge, skills, and abilities needed to become a certified fitness instructor, personal trainer, and/or strength and conditioning specialist. Students in the Exercise Science concentration are prepared to become professionals who make a difference in the lives of others through assessing, designing, and implementing physical activity and fitness programs and interventions for human performance.

Coursework and fieldwork give students training and hands-on experiences needed to evaluate health behaviors and risk factors, conduct fitness assessments, write exercise prescriptions, and successfully promote the adoption and maintenance of a healthy lifestyle.

QUICK FACTS

- UIW Kinesiology alumni have also found employment in a variety of fields to include physical educators, coaches, personal trainers, professional sport management, military, law enforcement, occupational therapists, physical therapists and professional athletes.

ADMISSION REQUIREMENTS

The requirements for admission to the B.S. in Kinesiology - Exercise Science are the same as the requirements for admission to the University of the Incarnate Word.

CONTACT

UIW Admissions
(210) 829-6005
admission@uiwtx.edu

This publication is available in alternate format by request. To request an alternate format, please contact the UIW Office of Admissions at (210) 829-6005. 6/2021 50

**TOGETHER,
WE BECOME
THE WORD
IN THE WORLD**

APPLY NOW | uiw.edu



B.S. in **Kinesiology - Exercise Science**

FRESHMAN YEAR

Fall

ENGL 1311: Composition I (3 hours)
 PHIL 1381: Introduction to Philosophy (2 hours)
 PSYC 1301: Introduction to Psychology (3 hours)
 DWHP 1200: Dimensions of Wellness (2 hours)
 KEHP 1301: Foundations in Kinesiology (3 hours)
 PEHP Aquatic Course (1 hour)

Total Hours: 15

Spring

ENGL 1312: Composition II (3 hours)
 MATH 1304: College Algebra (3 hours)
 RELS 1305, 1315, 1325, 1335 or 1327H (3 hours)
 HIST 1311, 1312, 1321, 1322 (3 hours)
 BIOL 2321: Anatomy and Physiology I (3 hours)
 BIOL 2121: Anatomy and Physiology I Lab (1 hour)
Total Hours: 16

SOPHOMORE YEAR

Fall

Modern Language I (3 hours)
 KEHP 2301: Fitness Assess & Exercise Prescript (3 hours)
 KEHP 2305: Motor Learning and Development (3 hours)
 BIOL 2322: Anatomy and Physiology II (3 hours)
 BIOL 2122: Anatomy and Physiology II Lab (1 hour)
 KEHP 2315: Principles of Health (3 hours)

Total Hours: 16

Spring

Modern Language II (Same Language) (3 hours)
 ENGL 2310: World Literature Studies (3 hours)
 Fine Arts (ARTS/ARTH/DANC/MUSI/THAR) (3 hours)
 KEHP 3307: Health and Fitness Promotion (3 hours)
 NUTR 2341 Introduction to Nutrition (3 hours)

Total Hours: 15

JUNIOR YEAR

Fall

RELS/PHIL 3000 or 4000 Level Course (3 hours)
 KEHP 3350: Biomechanics (3 hours)
 KEHP 3333: Exercise Physiology (3 hours)
 PSYC 3345: Sport Psychology (3 hours)
 SMHP 3301: Introduction to Sport Management (3 hours)

Total Hours: 15

Spring

KEHP 3334: Strength and Conditioning (3 hours)
 KEHP 4395: Practical Experience (3 hours)
 PSYC 3381: Statistics (3 hours)
 NUTR 4356: Nutrition and Human Performance (3 hours)
 Elective (3 hours)
Total Hours: 15

SENIOR YEAR

Fall

PSYC 3384: Research Methods (3 hours)
 KEHP 1203: Developmental Activities (2 hours)
 PEHP Rhythmic Activity Course (1 hour)
 PSYC 3331 or 3353 (Abnormal / Personality) (3 hours)
 Nutrition elective (any level) (3 hours)
 Elective (3 hours)

Total Hours: 15

Spring

KEHP 4311: Applied Exercise Physiology (3 hours)
 KEHP 4396: Clinical Experience in Exercise Science (3 hours)
 KEHP 4346: Adapted Physical Activity and Sport (3 hours)
 KEHP 1162: Foundations in Training & Conditioning (1 Hour)
 Nutrition elective 3000+ (3 Hours)

Total Hours: 13

120 hours needed to complete the B.S. in Kinesiology - Exercise Science.