



**KENTUCKY STATE  
UNIVERSITY**

# ALLIED HEALTH/FITNESS TRACK

## Allied Health/Fitness Track

A Bachelor of Science degree in Exercise Science offers students a comprehensive understanding of human movement, exercise physiology, and health promotion. This degree program typically includes coursework in anatomy, physiology, kinesiology, biomechanics, nutrition, and exercise prescription. Students may have the opportunity to specialize in one of three tracks: Sports Management, Allied Health and Fitness, and Teaching.

### Allied Health and Fitness Track:

This track prepares students for careers in clinical and community-based settings, promoting health and wellness through exercise and lifestyle interventions.

Students learn about exercise testing and prescription, health behavior change, injury prevention, and rehabilitation.

Graduates may work as exercise physiologists, fitness trainers, wellness coordinators, cardiac rehabilitation specialists, or corporate wellness consultants in hospitals, clinics, rehabilitation centers, and corporate wellness programs.

Courses needed for preparation of Physical Therapy School (DPT) or Master's in Occupational Therapy (MSOT or OTD): CHE 102/120, PHY 208, and/or PSY 223 (check with the program)

Course	Title	Hours
<b>Year 1</b>		
<b>Term 1 (Fall)</b>		
ENG 101	English Comp I	3
COM 103	Interpersonal Communication	3
BIO 111	Principles of Biology	4
MAT 115	College Algebra	3
KSU 118	Intro. to University Learning	3
<b>Hours</b>		<b>16</b>
<b>Term 2 (Spring)</b>		
ENG 102	English Comp II	3
EDU 204	Cultural Responsiveness	3
PSY 200	General Psychology	3
SOC 203	Principles of Sociology	3
ALH 210	Term. for Health Care Profess.	2
EXC 218	Teach Body Conditioning	1
<b>Hours</b>		<b>15</b>
<b>Year 2</b>		
<b>Term 1 (Fall)</b>		
CHE 101	General Chemistry I	3
CHE 110	General Chem I Laboratory	1
FNU 104	Basic Nutrition	3

MAT 120	Precalculus	4
EXC 299	Sports Concepts	3
EXC 200	Lifelong Leisure Activities	2
<b>Hours</b>		<b>16</b>
<b>Term 2 (Spring)</b>		
MAT 200	Intro to Stat Reasoning & Ana.	4
HED 300	Found of Health Education	3
MUS 130	Introduction to Music	3
ENG 211	Intro to Literature	3
EXC 323	Intro to Exercise Science	3
<b>Hours</b>		<b>16</b>
<b>Year 3</b>		
<b>Term 1 (Fall)</b>		
HED 321	Community Health	3
BIO 301	Human Anatomy	4
EXC 331	Kinesiology Biomechanics	4
EXC 324	Sports Injury Prevention/Care	3
EXC 333	Psycho Socio Aspects of Sports	3
<b>Hours</b>		<b>17</b>
<b>Term 2 (Spring)</b>		
BIO 303	Human Physiology	4
EXC 330	Physiology of Exercise	4
EXC 332	Motor Develop Motor Learning	3
EXC 320	Adapted Physical Education	3
EXC 380	Coaching Competitive Athletics	2
<b>Hours</b>		<b>16</b>
<b>Year 4</b>		
<b>Term 1 (Fall)</b>		
PHY 207	Physics In Biological Sci I	4
EXC 355	Sports Officiating	2
EXC 401	Tests Measurements of HPE	3
EXC 402	Research Methods/Exercise Sci	3
<b>Hours</b>		<b>12</b>
<b>Term 2 (Spring)</b>		
EXC 101	Volleyball	1
EXC 123	Aerobic Dance I	1
EXC 124	Aerobic Dance II	1
EXC 440	Internship In Exercise Science	3
EXC 334	Princ of Strength/Conditioning	3
EXC 421	Organization Admin of HPE	3
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>120</b>