

# Sample 3.5-Year Plan: Exercise Science B.S. with Doctor of Occupational Therapy Prerequisites

## Northern Kentucky University

This is **one way** a student can complete this program in four years if the student requires no remedial courses.

MAJOR: Exercise Science with Doctor of Occupational Therapy Prerequisites (highlighted in yellow)

FIRST YEAR	Fall Semester		Spring Semester	
	Meet with your advisor each semester to stay on track for correct course sequences and graduation.	Gen Ed: Culture and Creativity	3	BIO 208 Human Anatomy and Physiology I with lab
KIN 200 Concepts of Lifetime Fitness		2	KIN 280 Basic Recognition and Care of Athletic Injuries	3
Gen Ed: Self and Society; Individual and Society; PSY 100 Introduction to Psychology		3	Gen Ed: Scientific and Quantitative Inquiry; Mathematics and Statistics STA 205 Intro to Stats	3
KIN 125 Introduction to Physical Education, Fitness and Sports		3	KIN 260 Introduction to Strength and Conditioning	3
Gen Ed: Scientific and Quantitative Inquiry; Natural Sciences without lab; BIO 126 Human Nutrition		3	Gen Ed: Self and Society; Individual and Society SOC 100 Intro to Sociology	3
<b>TOTAL</b>		<b>14</b>	<b>TOTAL</b>	<b>16</b>
<b>Any Summer or from dual credit in high school</b>		Gen Ed: Communication; Written		3
	Gen Ed: Communication; Oral		3	
	Medical Terminology		1-3	
	Elective		5-7	
	Total		14	
SECOND YEAR	Fall Semester		Spring Semester	
For those students interested in an allied health career (e.g., athletic training, physical therapy, occupational therapy, physician's assistant, nursing, etc.), please check with the appropriate school/college for specific course prerequisites and requirements, and discuss with the exercise science professors.	BIO 209 Human Anatomy and Physiology II with lab	4	KIN 340 Exercise Physiology and KIN 340L Exercise Physiology Lab	4
	Gen Ed: Culture and Creativity	3	Gen Ed: PHY 211 General Physics with Laboratory*	4
	KIN 313 Computer Applications for Health and Kinesiology	2	KIN 295 Anatomical Kinesiology	3
	KIN 325 Motor Development, Learning, and Control and KIN 325 Laboratory	4	Gen Ed: Communication; ENG 102	3
	Gen Ed: Self and Society; Cultural Pluralism	3		
	<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>14</b>
THIRD YEAR	Fall Semester		Spring Semester	
<sup>a</sup> Note: KH = KIN, HEA, PHE or ATP 300-level or above electives with KH department approval.  Plan to complete 45 semester hours at the 300 level or above.	KIN 349 Exercise Prescription	3	KIN 481 Nutrition for Sport and Exercise	3
	CHE 115 Physiological Chemistry with CHE 115 Laboratory	4	KIN 360 Statistics and Measurement in Kinesiology	3
	Gen Ed: Global Viewpoints	3	KIN 380 Clinical Exercise Physiology	3
	KIN 370 Biomechanics	3	KIN 450 Organization and Administration of Kinesiology and Athletics	3
	PSY 333 Abnormal Psychology	3	PSY 321 Lifespan Development	3
	<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>

FOURTH YEAR	Fall Semester		Spring Semester	
	<sup>b</sup> Note: KH = KIN, HEA, PHE or ATP 300-level or above electives with KH department approval.  Meet with the internship professor to secure an internship placement.  Apply for graduation. Apply for OT program	KIN 496 Internship in Exercise Science	9	Start OT Program at NKU
KIN 483 Advanced Strength and Conditioning		3		
KIN 498 Research, Trends and Issues in Exercise Science		3		
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>	<b>0</b>
<b>GRAND TOTAL OF CREDITS</b>				<b>120</b>

\*Prerequisite of MAT 119 or a minimal math ACT score of 25 or equivalent placement.

OT Prerequisites

- Completion of the following prerequisite courses with a minimum grade of C and no more than two attempts in each prerequisite course.
  - Human Anatomy and Physiology with Labs (BIO 208 & 209)
  - Advanced College Writing (ENG 102)
  - General Physics with Lab (PHY 211)
  - Introduction to Psychology (PSY 100)
  - Introduction to Sociology (SOC 100)
  - Lifespan Development Psychology (PSY 321)
  - Abnormal Psychology (PSY 333)
  - Introduction to Statistics Methods (STA 205 or equivalent)
  - Medical Terminology (1 to 3 credits)