

**Exercise Science B.S.
 Pre-Professional Concentration
 2020-2022 Catalog**

The recommended four-year plan is designed to provide a blueprint for students to complete their degrees within four years. These plans are the recommended sequences of courses. Students will work with their Academic Advisor to develop a more individualized plan to complete their degree.

The GC Journeys Program will transform your way of thinking and experiencing college. By participating in five inside and outside the classroom transformative experiences during your time at Georgia College, you will step outside of your usual surroundings, gain authentic experiences, solve problems, become a leader, participate in real-world settings and put ideas into action. Examples of ways to incorporate your GC Journeys options are shared in the plan below.

This recommended Four-Year Plan is applicable to students admitted during the 2020-2021 and 2021-2022 academic year.

Total Credits Required: 120 credits

Required GPA for Graduation: 2.0 institutional GPA (All major courses require a C or better)

Legend is available on the last page of this document.

Year 1										
Fall				Spring				Summer		
Course	Title	Hours	Area	Course	Title	Hours	Area	Notes		
ENGL 1101	English Composition I	3	A	ENGL 1102	English Composition II	3	A	GC Journeys: First-Year Experience events, programs, and activities will be planned throughout the first year to help you become familiar with GC and develop skills to thrive in the liberal arts environment. GC Journeys: Career Milestones for year one will be completed in First-Year seminar.		
Area A Math	Area A2 MATH Selection	3	A	MATH 1401	Elementary Statistics	3	D			
CHEM 1211K	Principles of Chemistry I	4	D&Cognate	KINS 2200	Intro to Exercise Biochemistry	3	F			
GC1Y 1000	Critical Thinking	3	D	Area E	Social Sciences Select - 1st of 3	3	E			
KINS 0001	First Year Academic Seminar	1		Area C1	Humanities and Ethics options	3	C			
Total		14		Total		15				

ENGL 1101, ENGL 1102 and Area A MATH must be completed by 30 overall hours earned.

Year 2											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads			
BIOL 2160	Anatomy & Physiology I	4	F	BIOL 2170	Anatomy & Physiology II	4	F	Notes			
KINS 2331	Medical Terminology	1	F	KINS 2210	Methods of Corrective Movement	3	F	GC Journeys: Many Core courses can be taken through Summer Study Abroad programs. The School of Health & Human Performance offers a study abroad to Belize. Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members			
Area E	Social Sciences Select - 2nd of 3	3	E	KINS 3103	Structural Kinesiology	3	Major				
GC2Y 2000	Global Perspectives	4	B	KINS 2323	Nutrition	3	F				
Area C2	Fine Arts	3	C	PSYC 1101	Social Sciences Select - 3rd of 3	3	E				
Total		15		Total		16					
GC2Y 2000 should be completed in the second year.											
Year 3											
Fall				Spring				Summer			
Course	Title	Hours	Area	Course	Title	Hours	Area	Summer classes can be taken to lighten fall and spring course loads			
KINS 3203	Physiology of Exercise	3	Major	KINS 4203	Exercise Prescription	3	Major	Notes			
KINS 3262	Exercise Testing	3	Major	KINS 3233	Methods of Res. Training	2	Major	GC Journeys: Elective courses can be used to participate in Georgia College's Leadership program or can be taken abroad. Opportunities to engage in undergraduate research through SHHP Scholars, or with individual faculty members. In Practicum I students will be required to meet with the Career Center.			
KINS 4813	Research Methods & Statistics	3	Major	KINS 3223	Biomechanics	3	Major				
PHYS 1111	Intro to Physics	3	Cognate	PSYC 2103	Intro to Human Development	3	Major				
PHYS 1111L	Intro to Physics Lab	1	Cognate		Elective- <i>any level</i>	3					
KINS 3212	Practicum I	2	Major								
Total		15		Total		14					
Meet with Clinical Coordinator for SHHP to determine internship before fall semester of senior year											

Year 4										
Fall				Spring				Summer		
Course	Title	Hours	Area	Course	Title	Hours	Area	Notes		
KINS 4253	Applied Research in Ex Science	1	Major	KINS 4233	Clinical Exercise Physiology	3	Major	GC Journeys: Opportunitites to engage in undergraduate research through SHHP Scholars, or with individual faculty members. Internships are required and completed the last semester of your senior for class credit.		
KINS 3200	Exercise & Sports Nutrition	3	Major	KINS 4206	Internship	12	Major			
PSYC 3200	Abnormal Psychology	3	Major							
BIOL 1107	Principles of Biology	3	D & Cognate							
BIOL 1107	Principles of Biology lab	1	D & Cognate							
	Elective- <i>any level</i>	3								
Total		14		Total		15				

Legend

Area	This section of the plan references the area of the curriculum the course fulfills.
	A=Core Area A: Communication and Quantitative Skills
	B=Core Area B: Institutional Options
	C=Core Area C: Humanities and Fine Arts
	D=Core Area D: Science, Technology, and Math
	E=Core Area E: Social Sciences
	F=Core Area F: Major Directed Core
	Major=Major Required Course
	Elective=a course a student chooses to help meet overall graduation hours.