BACHELOR OF SCIENCE
MAJOR: EXERCISE SCIENCE
Minimum Credits to Graduate: 120

UNIVERSITY REQUIREMENTS

(3) ENGL110 Critical Reading/Writing (Minimum grade of C-)
(1) First Year Experience (FYE) – KAAP105 or other FYE
(3) Multi-cultural course – may also count as Univ Breadth or Elective
(#) Discovery Learning Experience (DLE) – satisfied by KAAP400 in major requirements

University Breadth Requirements (12 credits; Minimum grade of C-):
Visit www.udel.edu/catalog for rules and courses. Students must take breadth courses from four different subject areas (ie, different course prefixes) across the four breadth groups.
(3) Creative Arts & Humanities Group – select from group list
(3) History & Cultural Change Group – select from group list
(#) Social & Behavioral Sciences Group – major course (e.g. PSYC100)
(#) Math, Natural Science & Technology Group – major course (e.g. CHEM103, BISC207)
# credit is counted in Major Requirements

MAJOR REQUIREMENTS (82/83 credits; minimum grade C-)

(4) BISC207 Intro Biology I
(4) BISC208 Intro Biology II
(4) CHEM107 Integrated Chemistry (take with BISC 207 or CHEM103 General Chemistry)
(4) CHEM108 Integrated Chemistry (take with BISC208 or CHEM104 General Chemistry)
(3/4) MATH221 or 241 Calculus I
(3) MEDT200 The Language of Medicine
(3) NTDT200 Nutrition Concepts
(4) PHYS201 or 207 Physics I
(4) PHYS202 or 208 Physics II

KAAP Group Choice
Choose at least 9cr from the following list:

(4) KAAP301 Motor Development
(4) KAAP320 Princ Strength & Cond
(3) KAAP417 Intro to Lab View (FALL)
(3) KAAP427 Biomechanics II (SPRING)
(3) KAAP434 ECG Interpretation
(3-9) KAAP440 Topics in Exer Science

(3) PSYC100 General Psychology (may be repeated for 9cr when topics vary)
(3) PSYC325 or 334 Child or Abnormal Psychology
(3) STAT200 Basic Statistics (sub MATH201 or PSYC209)
(3) KAAP180 Intro to Exercise Science
(3) KAAP305 Fund Sports Health Care (sub KAAP240)
(4) KAAP309 Human Anatomy & Physiology I
(4) KAAP310 Human Anatomy & Physiology II
(2) KAAP353 Pre-Professional Seminar
(3) KAAP400* Research Methods
(4) KAAP426 Biomechanics I
(4) KAAP428 Motor Control and Learning
(4) KAAP430 Exercise Physiology

ELECTIVES (approximately 25 credits; minimum grade D- or “pass”)
After required courses are completed, sufficient credits must be taken to meet the 120 minimum credits required for the degree. Discuss minors and coursework with your advisor to complement your major and to support your career objectives.

*Honors students must take KAAP400-080, -081 (i.e., honors capstone course) in the final year at UD
# PROGRAM OF STUDY MAJOR: EXERCISE SCIENCE

## FRESHMAN YEAR (based on ALEKS Math Placement Assessment score)

<table>
<thead>
<tr>
<th>ALEKS Score</th>
<th>Freshman Fall Semester</th>
<th>Freshman Spring Semester</th>
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<tr>
<td>&lt; 60%</td>
<td>(1) KAAP105 (Fall only)</td>
<td>(3) ENGL110</td>
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<td>(3) KAAP180</td>
<td>(3) MATH115</td>
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<td>(3) MATH010 (no earned credit)</td>
<td>(4) CHEM103</td>
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<td>(3) MEDT200</td>
<td>(4) CHEM103</td>
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<td>(3) PSYC100</td>
<td>(3) PSYC100 OR MEDT200</td>
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<td>(3) Electives/breadth</td>
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<td>TOTAL = 16 credits</td>
<td>TOTAL = 16 credits</td>
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<tr>
<td>60% - 69%</td>
<td>(1) KAAP105 (Fall only)</td>
<td>(3) ENGL110</td>
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<td>(3) KAAP180</td>
<td>(3) MATH115</td>
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<td></td>
<td>(3) MATH010 (no earned credit)</td>
<td>(4) CHEM103</td>
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<td>(3) MEDT200</td>
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<td>(3) PSYC100</td>
<td>(3) PSYC100 OR MEDT200</td>
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<td>TOTAL = 16 credits</td>
<td>TOTAL = 16 credits</td>
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<td>70% &amp; above</td>
<td>(1) KAAP105 (Fall only)</td>
<td>(3) ENGL110</td>
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<td>(3) KAAP180</td>
<td>(3) MATH115</td>
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<td>(3) MATH010 (no earned credit)</td>
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<td>(3) MEDT200</td>
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<td>(3) PSYC100</td>
<td>(3) PSYC100 OR MEDT200</td>
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<td></td>
<td>(3) Electives/breadth</td>
<td>(3) Electives/breadth</td>
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<td>TOTAL = 14 credits</td>
<td>TOTAL = 14 credits</td>
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## SOPHOMORE YEAR

- (3+) Electives or catch up on CHEM and/or BISC courses
- (4) KAAP309 – (pre-reqs BISC207/208 and CHEM103/104 or CHEM107/108)
- (4) KAAP310 – (pre-req KAAP309)
- (3) NTDT200
- (3) MATH221 or 241 - (pre-req MATH115 or minimum Math Placement Test Score of 70)
- (3) STAT200
- (4) PHYS201 – (pre-req MATH115 or MATH221)
- (3) UNIVERSITY BREADTH - Creative Arts & Humanities Group
- (3) UNIVERSITY BREADTH - History & Cultural Change Group
- TOTAL = 30 credits

## JUNIOR YEAR

- (2) KAAP353 – (requires junior status, i.e., 60 earned credits)
- (4) PHYS202 – (pre-req PHYS201)
- (4) KAAP428 – (pre-req KAAP309)
- (4) KAAP430 – (pre-req KAAP310)
- (4) KAAP426 – (pre-reqs are KAAP309 and PHYS201 or PHYS207)
- (3) KAAP305 – (pre-req KAAP309)
- (9+) Electives
- TOTAL = 30 credits

## SENIOR YEAR

- (3) KAAP400* – (This serves as the DLE; pre-req STAT200)
- (3) PSYC325 or PSYC334 – (pre-req PSYC100)
- (3) Multi-Cultural Course
- (9) KAAP Group Choice – choose 9 credits minimum
- (12+) Electives
- TOTAL = 30 credits

### Additional classes for the Optional Strength and Conditioning Minor

- KAAP320 (pre-req KAAP309)
- KAAP350 (pre-req KAAP309)
- NTDT310 (pre-req NTDT200 and a physiology course)
- KAAP447-Fall Only (pre-req KAAP320 and 350, co-req KAAP426)
- KAAP475 (pre-req KAAP430)
- KAAP462 (pre-req or co-req KAAP447)
EXERCISE SCIENCE MAJOR:  
MEDICAL SCHOLARS CONCENTRATION  
Fall 2017

UNIVERSITY REQUIREMENTS

- (3) ENGL110 Critical Reading/Writing  
  (Minimum grade of C- for ENGL110)
- (1) First Year Experience (FYE)
  • KAAPP105 or other FYE
- (3) Multi-cultural course
  • may also count as Univ Breadth or Elective
- Discovery Learning Experience (DLE)
- satisfied by KAAPP400 in major requirements

University Breadth Requirements (12 credits):  
(Minimum grade of C-)
Visit www.udel.edu/catalog for rules and courses.  
Students must take breadth courses from four different subject areas (i.e., different course prefixes) across the four breadth groups.
- (3) Creative Arts & Humanities Group
  • select from group list
- (3) History & Cultural Change Group
  • select from group list
- (#) Social & Behavioral Sciences Group
  • major course (e.g. PSYC100)
- (#) Math, Natural Science & Technology Group
  • major course (e.g. CHEM103, BISC207)

# credit for these Breadth classes is counted in Major Req.

MAJOR REQUIREMENTS (71 credits)  
(margin grade C-)

- (4) BISC207 Intro Biology I
- (4) BISC208 Intro Biology II
- (4) CHEM103 General Chemistry
- (4) CHEM104 General Chemistry
- (4) MATH241 Analytic Geom & Calc A
- (3) MEDT200 The Language of Medicine
- (3) NTDT200 Nutrition Concepts
- (4) PHYS201 or 207 Physics I
- (4) PHYS202 or 208 Physics II
- (3) PSYC100 General Psychology
- (3) PSYC325 Child Psychology, or PSYC334 Abnormal Psychology
- (3) STAT200 Basic Statistical Practice

(MATH201 or PSYC209 subs for STAT200)
- (3) KAAPP180 Intro to Exercise Science
- (4) KAAPP309 Human Anat & Physiology I
- (4) KAAPP310 Human Anat & Physiology II
- (2) KAAPP353 Pre-Professional Seminar
- (3) KAAPP400* Research Methods
- (4) KAAPP426 Biomechanics I
- (4) KAAPP428 Motor Control & Learning

CONCENTRATION REQUIREMENTS (36/37 credits)  
(minimum grade C-)

- (3) Choose one of the following courses:
  HIST382, HDFS201, HDFS221, HDFS270, HDFS329, HDFS 401, HDFS339/403, PSYC420, POSC/SOCI343, POSC653, SOCI311, WOMS233, WOMS389.
- (6) Choose 6 credits from:
  PHIL202, PHIL203, PHIL 241 x-listed w/ HLTH241, PHIL246, PHIL313, PHIL389, PHIL444 or HDFS330
- (3) Second Writing Course
  - (4) KAAPP430 Exercise Physiology
  - (3) BISC401 Molecular Biology, or CHEM527 Intro Biochemistry
  - (3) BISC403 Genetics & Evolutionary Biology
  - (4/5) BISC408 Mammalian Histology (4), or KAAPP420 Functional Anatomy (5)
  - (4) CHEM321 Organic Chemistry
  - (4) CHEM322 Organic Chemistry

- (6) Choose two of the following three:
  ARSC480 Issues in Hlthcare for Children & Families
  ARSC482 Issues in Public Health - Economics
  SOCI410 Health Services Practicum and Seminar

ELECTIVES
After required courses are completed, sufficient credits must be taken to meet the 120 minimum credits required for the degree.

NOTE: This curriculum meets the Medical Scholars curricular requirements with a specialization in Bioethics. Completion of a Senior Thesis (UNIV401, 402) would also meet the requirements for the Medical Scholars specialization in Translational Research.
*Honors students must take KAAP400 (i.e., capstone course) in the final year at UD.
# PROGRAM OF STUDY

**MAJOR:** EXERCISE SCIENCE  
**CONCENTRATION:** MEDICAL SCHOLARS  
**Fall 2017**

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### FRESHMAN FALL SEMESTER
1. KAAP105  
2. BISC207 – co-req CHEM107  
3. CHEM107  
4. PSYC100 or MEDT200  
5. KAAP180  

**TOTAL = 15 credits**

### FRESHMAN SPRING SEMESTER
1. ENGL110  
2. CHEM108 – pre-req CHEM103 or 107  
3. BISC208 – pre-req BISC207, co-req CHEM108  
4. PSYC100 or MEDT200  

**TOTAL = 14 credits**

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### SOPHOMORE YEAR
1. MATH241 – pre-req MATH117 or Math Placement Score 75%  
2. KAAP309 – pre-reqs BISC207 & 208 and CHEM103 & 104  
3. NTDT200  
4. CHEM321 (fall only) – pre-req CHEM104  
5. STAT200  
6. CHEM322 (spring only) – pre-req CHEM321  
7. University Breadth - Creative Arts & Humanities Group  
8. University Breadth - History & Cultural Change Group  

**TOTAL = 32 credits**

### JUNIOR YEAR
1. PHYS201 or PHYS207 – pre-reqs MATH 115 or MATH117 or MATH 221 or MATH241  
2. KAAP353 – requires Junior Status  
3. KAAP428 – pre-req KAAP309  
4. PHYS202 or PHYS208 – pre-reqs PHYS201 or 207  
5. BISC401 or CHEM527 – pre-reqs for BISC401 are BISC207 and one semester of Organic Chemistry; pre-reqs for CHEM527 are CHEM321  
6. BISC403 – pre-reqs are BISC207 and one semester of Organic Chemistry  
7. KAAP430 - pre-req is KAAP220 or KAAP310  
8. Two courses from PHIL202, PHIL203, PHIL241, PHIL246, PHIL313, PHIL389, PHIL444, HDFS330 or HLTH241  

**TOTAL = 30 credits**

### SENIOR YEAR
1. KAAP420 (spring only) or BISC408 – pre-req is KAAP309 (for 420) or BISC208 (for 408)  
2. Choose one course from HIST382, HDFS201, HDFS221, HDFS270, HDFS329, HDFS401, HDFS339/403, PSYC420, POSC/SOCI343, POSC653, SOCI111, WOMS233, or WOMS389  
3. KAAP400* – (this serves as the DLE) - pre-req STAT200 or MATH201 or PSYC209  
4. KAAP426 – pre-reqs PHYS201 or 207, KAAP 309  
5. Two courses from ARSC480, ARSC482, SOCI410  
6. PSYC325 or PSYC334 – pre-req is PSYC100  
7. Second Writing Course  
8. Multicultural Course  

**TOTAL = 30 or 29 credits**

* Honors students must take KAAP400 (i.e., capstone course) in the final year at UD.