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

UNIVERSITY REQUIREMENTS  

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3) ENGL110 Critical Reading/Writing (Minimum grade of C-)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>(1) First Year Experience (FYE) – KAAP105 or other FYE</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>(3) Multi-cultural course – may also count as Univ Breadth or Elective</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>(#) Discovery Learning Experience (DLE) – satisfied by KAAP400 in major requirements</td>
<td>#</td>
<td></td>
</tr>
</tbody>
</table>

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.  

<table>
<thead>
<tr>
<th>Group</th>
<th>Credits</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Arts &amp; Humanities Group – select from group list</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>History &amp; Cultural Change Group – select from group list</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>Social &amp; Behavioral Sciences Group – major course (e.g. PSYC100)</td>
<td>(#)</td>
<td></td>
</tr>
<tr>
<td>Math, Natural Science &amp; Technology Group – major course (e.g. CHEM103, BISC207)</td>
<td>(#)</td>
<td></td>
</tr>
</tbody>
</table>

# credit is counted in Major Requirements  

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BISC207  Intro Biology I</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>BISC208  Intro Biology II</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>CHEM107  Integrated Chemistry (take with BISC 207)</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>CHEM103  General Chemistry</td>
<td>(3/4)</td>
<td></td>
</tr>
<tr>
<td>PHYS201 or 207 Physics I</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>PHYS202 or 208 Physics II</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>PSYC100  General Psychology</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>PSYC325 or 334 Child or Abnormal Psychology</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>STAT200  Basic Statistics (sub MATH201 or PSYC209)</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP180  Intro to Exercise Science</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP305  Fund Sports Health Care (sub KAAP240)</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP309  Human Anatomy &amp; Physiology I</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP310  Human Anatomy &amp; Physiology II</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP353  Pre-Professional Seminar</td>
<td>(2)</td>
<td></td>
</tr>
<tr>
<td>KAAP400* Research Methods</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP426  Biomechanics I</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP428  Motor Control and Learning</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP430  Exercise Physiology</td>
<td>(4)</td>
<td></td>
</tr>
</tbody>
</table>

Choose at least 9cr from the following list:  

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>KAAP301  Motor Development</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP320  Princ Strength &amp; Cond</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP417  Intro to Lab View (FALL)</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP427  Biomechanics II (SPRING)</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP434  ECG Interpretation</td>
<td>(3)</td>
<td></td>
</tr>
<tr>
<td>KAAP440  Topics in Exer Science</td>
<td>(3-9)</td>
<td></td>
</tr>
<tr>
<td>KAAP441  Readings, (may be repeated for 9cr when topics vary)</td>
<td>(1)</td>
<td></td>
</tr>
<tr>
<td>KAAP442  Biomech &amp; Motor Control</td>
<td>(1)</td>
<td></td>
</tr>
<tr>
<td>KAAP443  Readings, Applied Phys</td>
<td>(1)</td>
<td></td>
</tr>
<tr>
<td>KAAP475  Clinical Exercise Physiology</td>
<td>(4)</td>
<td></td>
</tr>
<tr>
<td>KAAP655  Advanced Ex Phys</td>
<td>(3)</td>
<td></td>
</tr>
</tbody>
</table>

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>
<th>Freshman Fall Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 60%</td>
<td>KAAP105 (Fall only)</td>
<td>KAAP105</td>
<td>KAAP105 (Fall only)</td>
</tr>
<tr>
<td></td>
<td>(3)</td>
<td>(3)</td>
<td>(3)</td>
</tr>
<tr>
<td>60-69%</td>
<td>MATH115</td>
<td>CHEM103</td>
<td>KAAP180</td>
</tr>
<tr>
<td></td>
<td>(4)</td>
<td>(4)</td>
<td>(3)</td>
</tr>
<tr>
<td>70% &amp; above</td>
<td>PHYS101 (no earned credit)</td>
<td>PSYC100 OR MEDT200</td>
<td>PHYS201</td>
</tr>
<tr>
<td></td>
<td>(3)</td>
<td>(3)</td>
<td>(4)</td>
</tr>
<tr>
<td></td>
<td>Electives/breadth</td>
<td>TOTAL = 16 credits</td>
<td>Electives/breadth</td>
</tr>
<tr>
<td></td>
<td>TOTAL = 16 credits</td>
<td>TOTAL = 14 credits</td>
<td>TOTAL = 16 credits</td>
</tr>
</tbody>
</table>

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

UNIVERSITY REQUIREMENTS

(3) ENGL110 Critical Reading/Writing  
(Minimum grade of C- for ENGL110)

(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 (i.e., different course prefixes)  
avcross 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)  
(minimum 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) KAAP180 Intro to Exercise Science
(4) KAAP309 Human Anat & Physiology I
(4) KAAP310 Human Anat & Physiology II
(2) KAAP353 Pre-Professional Seminar
(3) KAAP400* Research Methods
(4) KAAP426 Biomechanics I
(4) KAAP428 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) KAAP430 Exercise Physiology
(3) BISC401 Molecular Biology, or CHEM527 Intro Biochemistry
(3) BISC403 Genetics & Evolutionary Biology
(4/5) BISC408 Mammalian Histology (4), or KAAP420 Functional Anatomy (5)
(4) CHEM321 Organic Chemistry
(4) CHEM322 Organic Chemistry

(6) Choose two of the following three:
ARSC480 Issues in Healthcare for Children & Families  
ARSC482 Issues in Public Health - Economics  
SOC1410 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.

_____________________________________________
_____________________________________________
_____________________________________________
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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

FRESHMAN FALL SEMESTER
(1) KAAP105
(3) BISC207 – co-req CHEM107
(4) CHEM107
(3) PSYC100 or MEDT200
(3) KAAP180
TOTAL = 14 credits

FRESHMAN SPRING SEMESTER
(3) ENGL110
(4) CHEM108 – pre-req CHEM103 or 107
(4) BISC208 – pre-req BISC207, co-req CHEM108
(3) PSYC100 or MEDT200
TOTAL = 14 credits

SOPHOMORE YEAR
(4) MATH241 – pre-req MATH117 or Math Placement Score 75%
(4) KAAP309 – pre-reqs BISC207 & 208 and CHEM103 & 104
(4) KAAP310 – pre-reqs KAAP309, BISC207 & 208, CHEM103 & 104
(3) NTDT200
(4) CHEM321 (fall only) – pre-req CHEM104
(3) STAT200
(4) CHEM322 (spring only) – pre-req CHEM321
(3) University Breadth - Creative Arts & Humanities Group
(3) University Breadth - History & Cultural Change Group
TOTAL = 32 credits

JUNIOR YEAR
(4) PHYS201 or PHYS207 – pre-reqs MATH 115 or MATH117 or MATH 221 or MATH241
(2) KAAP353 – requires Junior Status
(4) KAAP428 –pre-req KAAP309
(4) PHYS202 or PHYS208 – pre-reqs PHYS201 or 207
(3) BISC401 or CHEM527 – pre-reqs for BISC401 are BISC207 and one semester of Organic Chemistry; pre-reqs for CHEM527 are CHEM321
(3) BISC403 – pre-reqs are BISC207 and one semester of Organic Chemistry
(4) KAAP430 - pre-req is KAAP220 or KAAP310
(6) Two courses from PHIL202, PHIL203, PHIL241, PHIL246, PHIL313, PHIL389, PHIL444, HDFS330 or HLT241
TOTAL = 30 credits

SENIOR YEAR
(5/4) KAAP420 (spring only) or BISC408 – pre-req is KAAP309 (for 420) or BISC208 (for 408)
(3) Choose one course from HIST382, HDFS201, HDFS221, HDFS270, HDFS329, HDFS401, HDFS339/403, PSYC420, POSC/SOCI1343, 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
(6) Two courses from ARSC480, ARSC482, SOCI410
(3) PSYC325 or PSYC334 – pre-req is PSYC100
(3) Second Writing Course
(3) Multicultural Course
TOTAL = 30 or 29 credits

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