

# EXERCISE AND REHABILITATION SCIENCE, BS

The Bachelor of Science in Kinesiology in Exercise and Rehabilitation Science is designed for students desiring to pursue graduate or professional school in fields such as Athletic Training, Exercise Physiology, Physical or Occupational Therapy, Nutrition Science/Dietetics, Physician Assistant, Chiropractic and Cardiac Rehabilitation. This degree prepares the student to meet many of the prerequisite courses necessary for application to the above-mentioned professional degree programs. The BS degree also requires a 30-hour Concentration to be chosen from the Natural Science disciplines of Biology, Chemistry, Physics, and Math. For the Bachelor of Science in Kinesiology in Exercise and Rehabilitation Science, 15 of these hours must be from Biology.

## Degree Requirements

In addition to the requirements stated below, students must complete 34-35 hours of General Education (<https://catalog.washburn.edu/undergraduate/programs-degrees-graduation-requirements/general-education-requirements/>), all requirements for a Bachelor of Science (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/degrees/bachelor-science/>) degree, and any additional hours needed to reach the minimum 120 credit hours required for graduation. Some of the courses below may also fulfill general education or other degree requirements. Please see your advisor for more information.

Code	Title	Hours
<b>Required Course Inside Department</b>		
KN 248	Wellness Concepts and Applications	3
KN 266	Microcomputer Applications to Kinesiology	2
KN 291	Field Experience 1 in Exercise and Rehabilitation Science	1
KN 300 or KN 318	Psychology of Sport and Physical Activity Exercise Psychology	3
KN 308	Nutrition for Sports & Fitness	3
KN 321	Anatomical Kinesiology	3
KN 326	Physiology of Exercise	3
KN 327	Physiology of Exercise Lab	1
KN 330	Administration of Exercise and Rehabilitation Science	3
KN 342	Physical Education Activity Techniques II	2
KN 357	Sports Performance Training and Conditioning	3
KN 403	Biomechanics	3
KN 410	Fitness Testing and Exercise Prescription	3
KN 411	Current Literature in Kinesiology	3
Kinesiology Electives (select from the following courses) <sup>1</sup>		9
KN 257	Prevention and Care of Athletic Injuries	
KN 315	Special Topics in Kinesiology	
KN 335	Human Factors and Ergonomics	
KN 341	Physical Education Activity Techniques I	
KN 343	Physical Education Activity Techniques III	
KN 344	Physical Education Activity Techniques IV	
KN 345	Physical Education Activity Techniques V	
KN 350	Orthopedic Evaluation	

KN 367	Therapeutic Exercise	
KN 491	Field Experience 2 in Exercise and Rehabilitation Science	
<b>Required Courses Outside Department</b>		
BI 100 & BI 101 or BI 192	Human Biology and Human Biology Laboratory General Cellular Biology	5
BI 255	Human Physiology	4
BI 275	Human Anatomy	4
BI XXX	Biology Elective	2
CH 121 or CH 151	General, Organic, and Biological Chemistry Fundamentals of Chemistry I	5
EN 308	Scientific and Technical Writing	3
MA 116	College Algebra	3
PY 151 or MA 140	Psychological Statistics Statistics	3
PS 131 & PS 132 or PS 261	Biological Physics for the Health and Life Sciences and Biological Physics for the Health and Life Sciences Laboratory College Physics I	4-5
Non-Kinesiology Electives (select from the following courses) <sup>1</sup>		9
AL 257 or AL 265	Applied Neurophysiology - Occupational Therapy Applied Neurophysiology - Physical Therapist Assistant	
AL 320	Human Disease	
CN 306	Health Communication	
HL 377	Critical Issues in Health	
HS 371 or HS 378	Mental Health and Aging Issues in Aging	
PY 231	Abnormal Psychology	
PY 326	Health Psychology	
EMT Certification (e.g. from WU Institute of Technology) can also count in this section for 1-6 credits		
<b>Other Required Courses</b>		
KN 250 & NU 102 or AL 101	Introduction to Kinesiology and Medical Terminology Foundations of Healthcare	3
<b>Total Hours</b>		<b>90-91</b>

<sup>1</sup> 6 out of 9 KN electives need to be upper level and 6 out of 9 non-KN electives need to be upper level.