

Exercise Science (EXSC) Major
Department of Kinesiology

Name _____
TU ID# _____

Approved EXSC Elective Courses (prerequisites may apply)

KNES 217 Functional Anatomy for Exercise Science
KNES 299 Resistance Training: Techniques and Principles
KNES 311 Biomechanics
KNES 315 Care and Prevention of Athletic Injuries
KNES 318 Scientific Foundations of Strength Training and Conditioning
KNES 328 Tests and Assessments of Fitness and Athletic Performance
KNES 341 Concepts of Motor Learning
KNES 355 Sport Psychology
KNES 359 Physiology of Sport Injury
KNES 361 Exercise Psychology
KNES 363 Nutrition for Exercise and Sport

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