



EXERCISE SCIENCE MAJOR E-MED COLLEGE EXERCISE SCIENCE MAJOR

The following course sequence is recommended; however, there is flexibility within the schedule. This schedule will require a “GAP YEAR” between graduation from Hope College and entrance into medical school the following year.

BIOL 221 must be taken before taking KIN 321. KIN 150 should be taken as early as possible and before KIN 321. MATH 115 must be completed before taking KIN 310. KIN 200 must be taken before KIN 300, and KIN 300 must be taken before KIN 383. Additionally, KIN 321 must be completed before taking KIN 421. KIN 321, 310, CHEM Pre-req., and MATH 115 must be completed before taking KIN 422.

The following sequence of courses serves as a **suggestion** only and variances may occur. Many medical schools may have different pre-requisites; therefore, you should see the health professions advisor **AND** an exercise science advisor as soon as possible. In addition, you should check required courses for medical schools to which you plan to apply.

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
CHEM 125/127 General Chemistry I & Lab  *BIO 105 – General Biology I and Lab (or Sophomore year)  *PSY 100 – Intro to Psychology  KIN 150 – Intro to Writing in Exercise Science	BIOL 221/221L – Human Physiology & Lab  *CHEM 221/255 – Organic Chemistry and Lab  *SOC 101 – Intro to Sociology  MATH 115 – Intro to Statistics	*CHEM 311 – Biochemistry I  KIN 300/300L – Anatomical Kinesiology & Lab  KIN 421/421L – Clinical Exercise Physiology & Lab (either semester)	*PHYS 121/ 141 - General Physics I  *BIO – Upper Level Course  KIN 499 – Special Studies OR KIN 299 – Internships
SPRING	SPRING	SPRING	SPRING

\*CHEM 126 & 128 – General Chemistry II & Lab

OR

CHEM 131/132 – Accelerated General Chemistry & Lab

\*BIO 106/108 – General Biology II and Lab (or Sophomore year)

KIN 200/200L - Human Anatomy & Lab (or Sophomore year)

KIN 150 – Intro to Writing in Exercise Science (if not previously taken)

\*CHEM 231 & 256 – Organic Chemistry and Lab

KIN 310/310L – Research Methods & Lab

KIN 321/321L – Exercise Physiology & Lab (or Junior Year before Kin 421/421L)

**REQUIRED COURSES:**

		<u>Credits</u>	<u>Sem</u>	<u>Prerequisites</u>
KIN 150	Introduction to Writing in Exercise Science	1	F/S	
KIN 200/200L	Human Anatomy (BIO 222)	3+1	F/S	
KIN 208	Introduction to Nutrition	3	F/S	
KIN 300/300L	Anatomical Kinesiology	3+.50	F	KIN 200/200L
KIN 310/310L	Research Methods in Kinesiology	3+1	F/S	MATH 115
KIN 321/321L	Exercise Physiology & Lab	3+1	F/S	BIO 221
KIN 421/421L	Clinical Exercise Physiology & Lab	3+1	F/S	KIN 321/321L; BIO 221
KIN 383/383L	Biomechanics	3+.50	S	KIN 200/200L; KIN 300/300L
KIN 422/422L	Regulation of Human Metabolism	3+1	F/S	KIN 310/310L; KIN 321/321L, and CHEM Pre-req.
KIN 499	Special Studies in Exercise Science	3	F/S	KIN 310/310L
OR				
KIN 299	Internships	3	F/S/Summer	

**REQUIRED CORE COURSES:**

CHEM 125/127	General Chemistry I and Lab	3+1`	F	
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