

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 Psychology of Sport Injury
- KNES 361 Exercise Psychology
- KNES 363 Nutrition for Exercise and
