

Advising Template
LCCC Exercise Science to CSC Sport/Rec Mgmt: Sport Leadership Option
22-23

Year 1 - LCCC

Fall Semester			Spring Semester			Summer Semester		
KIN 1212	Intro to Exercise Programming	1	EDST 2420	Human Life Span Devel	3			
ENGL 1010	English Comp I	3	KIN 2135	Personal Trainer Ed I	3			
MATH 1400	College Algebra	3	HOED 1140	Nutrition	2			
STRT 1000	Strategies for Success	3	BIOL 1010	General Biology	4			
Kin 1100	Kinesiology The Science of Mov	3	CHEM 1000	Intro to Chemistry	4			
HLED 1221	Standard First Aid and Safety	2	OR CHEM 1020	General Chemistry I				
Total Hours		15	Total Hours		16	Total Hours		0

Year 2 - LCCC

Fall Semester			Spring Semester			Summer Semester		
KIN 2137	Personal Trainer Ed II	3	PEPR 2050	Prevention and Care	2			
KIN 2470	Exercise Science Practicum I	1	KIN 2471	Exer Science Practicum II	2			
COMM 2010	Public Speaking	3	HLED 1006	Personal Health	3			
PSYC 1000	General Psychology	3	THEA 1100	Beginning Acting	3			
	US/WYO Constitution	3	KIN 2450	Exer Science Internship	1			
ZOO 2010	Human Anat and Physiology	4	SOC 1000	Sociological Principles	3			
OR ZOO 201	Human Anatomy		ZOO 2020	Human Anat and Phys II	4			
			OR ZOO 2025	Human Physiology				
Total Hours		17	Total Hours		18	Total Hours		0

Fall Semester			Spring Semester			Summer Semester		
HPER 220	Theory and Psychology of Coaching	3	HPER 333	Leadership in Recreation	3			
HPER 234	Intro to Sport and Rec Mgmt	3	HPER 335	Admin of Sport and Rec	3			
HPER 232	Applied Exer Physiology	3	HPER 332	Safety and First Aid	2			
HPER 453	Sports Officiating	3	HPER 337	Rec for Special Populations	3			
MKTG 231	Principles of Marketing	3	HPER 442	Aquatics and WSI	3			
Total Hours		15	Total Hours		14	Total Hours		0

Year 4

Fall Semester			Spring Semester			Summer Semester		
HPER 336	Fitness Evaluation	3	FCS 447	Nutrition for Sports and Wellness	3			
HPER 449	Event and Facility Mgmt	3	HPER 456	Essentials of Strenght and Cond	3			
HPER 439	Biomechanics	3	HPER 490	Internship	3			
HPER 437	Legal Aspects of Sport	3	HPER 495	Coaching Techniques II	3			
HPER 494	Coaching Techniques I	3	HPER 440	Care and Prevent of Injuries	3			
Total Hours		15	Total Hours		15	Total Hours		0