Hope COLLEGE

DEPARTMENT OF KINESIOLOGY

EXERCISE SCIENCE MAJOR PRE-OCCUPATIONAL THERAPY COURSE SEQUENCE

The following course sequence is recommended; however, there is flexibility within the schedule.

BIOL 221 ***must*** be taken prior to KIN 222 & 223. KIN 202 should be taken as early as possible. MATH 210 ***must*** be taken before KIN 250. Kin 200 ***must*** be taken prior to Kin 221, and Kin 221 ***must*** be taken before Kin 383. Additionally, KIN 222 & 223 ***must*** be taken before KIN 323. KIN 222, 223, 250, CHEM 103, and MATH 210 ***must*** be taken prior to KIN 422.

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

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	FALL	FALL	FALL
MATH 210 – Intro to Statistics *PSY 100 – Intro to Psychology *SOC 101 – Sociology and Social Problems	BIOL 221 – Human Physiology *PSY 230 – Developmental Psychology *NSCI 211 – Intro to Neuroscience KIN 208 – Intro to Nutrition OR Junior year	KIN 221–Anatomical Kinesiology KIN 323/324 – Clinical Exercise Physiology & Lab (either semester) *PSY 420 – Health Psychology (or Fall of Senior Year)	KIN 499 – Special Studies OR KIN 299 – Internships KIN 422 – Regulation of Human Metabolism
SPRING	SPRING	SPRING	SPRING
CHEM 103 – Introduction to Biological Chemistry and Lab KIN 200 - Human Anatomy & Lab OR Sophomore year KIN 202 – Intro to Writing in Exercise Science OR Sophomore year *ENG 213 / 215 Expository or Workplace Writing	**KIN 250 – Research Methods *PSY 370 – Behavior Disorders or Junior year KIN 222 & 223 – Exercise Physiology & Lab or Junior Year before Kin 323 / 324	KIN 383 – Biomechanics *KIN 209 – Medical Terminology (or Spring of Senior year)	Kinesiology Elective Any required or recommended course not completed previously

*Courses NOT required for exercise science major, but required for most/many OT schools. Check the list found below for requirements of many OT programs. Also check requirements for other intended grad schools and take classes accordingly

**PSY 200 – Research Methods can be substituted for Pre-OT students who major in Exercise Science and minor in Psychology (recommended)

LE – updated 12/15/15