



Exercise Science, B.S. *major*

Required Credits: 67

Required GPA: 2.25

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1211 Introductory Biology I (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 4410 Health Programming (4 credits)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
- PHED 4160 Personal Trainer: Aerobic Exercise (3 credits)
- PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects Of Sport (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
or SOC 3001 Social Statistics (3 credits)

COMPLETE THE FOLLOWING COURSE:

- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)

II REQUIRED ELECTIVES

SELECT 3 COURSES FROM THE FOLLOWING IN CONSULTATION WITH YOUR ADVISOR:

- BIOL 1212 Introductory Biology II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 4220 Epidemiology (2 credits)
- HLTH 4320 Health Care Policy and Law (3 credits)
- PHED 3509 Sport Event Management (2 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 2237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- CHEM 1112 General Chemistry II (4 credits)
or CHEM 2212 Principles of Chemistry II (4 credits)
- PHYS 1102 General Physics II (4 credits)
or PHYS 2102 Physics II (5 credits)

III REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship (1-12 credits)

SUGGESTED SEMESTER SCHEDULE FOR EXERCISE SCIENCE MAJOR, B.S.

Students are encouraged to take the required Exercise Science, B.S. courses in approximate numerical order. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions. Students are encouraged to consult the course descriptions for prerequisites.

The following Liberal Education courses are recommended for students majoring in Exercise Science: PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation, PSY 1100 Introductory Psychology, SOC 1104 Introduction to Sociology, and SPCM 1090 Interpersonal Communication (or SPCM 1100 Public Speaking).

Freshman

- BIOL 1211 Introductory Biology I (4 credits)
- CHEM 1111 General Chemistry I (4 credits)
- or CHEM 2211 Principles of Chemistry I (4 credits)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PSY 1100 Introductory Psychology (4 credits)
- SOC 1104 Social Issues (3 credits)
- SPCM 1090 Interpersonal Communication (2 credits)
- or SPCM 1100 Public Speaking (3 credits)
- Liberal Education requirements

Sophomore

- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
- PHYS 1101 General Physics I (4 credits)
- or PHYS 2101 Physics I (5 credits)
- Liberal Education requirements

Junior

- HLTH 3300 Nutrition (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Personal Trainer: Aerobic Exercise (3 credits)
- PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 credits)
- Exercise Science Electives

Senior

- HLTH 4410 Health Programming (4 credits)
- PHED 4309 Legal Aspects Of Sport (3 credits)
- PHED 4920 Directed Group Study (1 credit)
- PHED 4970 Internship (1-12 credits)
- PSY 3401 Basic Statistics for Research (4 credits)

- or SOC 3001 Social Statistics (3 credits)
- Exercise Science Electives