Exercise Science, B.S. *major*
Medical Fitness Emphasis

Required Credits: 66
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)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- 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 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 DGS: (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 EMPHASIS

A. Medical Fitness Emphasis

- BIOL 1300 Medical Terminology (2 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
  or STAT 3660 Statistics for the Health Sciences (3 credits)

III EMPHASIS ELECTIVES

SELECT 3 COURSES (7-15 CREDITS) FROM THE FOLLOWING WITH
CONSULTATION WITH YOUR ADVISOR.

Note: HLTH 3710 may not be used as an elective with the Medical FItness emphasis.

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
  or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- PHYS 1102 General Physics II (4 credits)
  or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSG 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE 2-6 CREDITS OF THE FOLLOWING COURSE:

- 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: PSY 1100 Introductory Psychology, SOC 1104 Introduction to Sociology, and COMM 1090 Interpersonal Communication (or COMM 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 Society and Social Issues (3 credits)
- COMM 1090 Interpersonal Communication (3 credits)
  or COMM 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)
- PHYS 1101 General Physics I (4 credits)
  or PHYS 2101 Physics I (5 credits)
- Liberal Education requirements

Junior
- HLTH 3300 Nutrition (3 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 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)

- Exercise Science Courses in Emphasis
- Exercise Science Electives

Senior
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 DGS: (1 credit)
- PHED 4970 Internship (1-12 credits)
- Exercise Science Courses in Emphasis
- Exercise Science Electives