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 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 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)
- PHED 3200 Introduction to Sport Biomechanics (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)
- 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)

  - Liberal Education requirements
• Exercise Science Courses in Emphasis
• Exercise Science Electives

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