



Exercise Science, B.S. *major*

Medical Fitness Emphasis

Required Credits: 67
Required GPA: 2.25

I REQUIRED COURSES

Complete the following courses:

- BIOL 1400 Cellular Principles (4 credits)
- BIOL 3250 Human Anatomy (4 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 (4 credits)

II REQUIRED EMPHASIS

A. Medical Fitness Emphasis

- BIOL 3260 Human Physiology (4 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: BIOL 3260 and HLTH 3710 may not be used as an elective with the Medical Fitness emphasis.

- BIOL 1300 Medical Terminology (2 credits)
- BIOL 1500 Diversity of Life (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
or CHEM 2212 Principles of Chemistry II (4 credits)
- HLTH 3500 Community Health (3 credits)
- PHYS 1102 General Physics II (4 credits)

or PHYS 2102 Physics II (4 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)
- Nursing 3000 or higher (2-6 credits):

IV REQUIRED PRACTICAL EXPERIENCE

Complete 2-6 credits of the following course:

- PHED 4972 Internship: Exercise Science (2-6 credits)