

## Major: Exercise &amp; Sport Physiology, Option: BS

| First Year                                   |  | Second Year   |   | Third Year  |  | Fourth Year   |  | Gen Ed Perspectives   |
|--|--|---|---|---|--|---|--|---|
| HHP 1000<br>Intro to HHP<br>Disciplines<br>0 | Professional Skills<br>Course*<br>1.5          | PE 3570<br>Kinesiology<br>3<br>Or<br>EX 3580<br>Exercise Physiology<br>3    | EX 3580<br>Exercise Physiology<br>3<br>Or<br>PE 3570<br>Kinesiology<br>3    | PE 3720<br>Motor Learning<br>3                            | EX 4520<br>P&T of S&C<br>3   | EX 4820<br>Advanced<br>Exercise<br>Physiology<br>3                      | Capstone<br>EX 4830<br>Applied Research<br><i>or</i><br>EX 4880<br>Internship<br>4 |   |
| EX 2755<br>Intro to Exercise<br>Science<br>3 | MA 2300<br>Stats<br>(Math<br>Foundations)<br>3 | EX 3750<br>Exercise Physiology<br>Lab<br>1<br>(Only needed with<br>EX 3580) | EX 3750<br>Exercise Physiology<br>Lab<br>1<br>(Only needed with<br>EX 3580) | EX 3860<br>Exercise Testing<br>& Prescription<br>3        | EX 4525<br>P&T of S&C Lab<br>1   | EX 4825<br>Advanced<br>Exercise<br>Physiology<br>Lab<br>1               | Elective***<br>3   | Need total of 16 credits<br>Directions<br><hr/> Self and Society<br>(SSDI)<br>4 |
| IS 1115<br>Tackling a Wicked<br>Problem<br>4 | BI 2120<br>Anatomy &<br>Physiology II<br>3     | CH 2335 General<br>Chemistry I<br>(QRCO)<br>4                               | CH 2340 General<br>Chemistry II (QRCO)<br>4                                 | EX 3865<br>Exercise Testing<br>& Prescription<br>Lab<br>1 | EX 4770<br>Exercise<br>Physiology for<br>Special<br>Populations<br>(WRCO)<br>3   | EX 4840<br>Research<br>Methods in<br>Exercise<br>Science<br>(WRCO)<br>3 | Elective***<br>3   | Past and Present<br>(PPDI)<br>4<br><br>Creative Thought<br>(CTDI)<br>4          |
| EN 1200<br>English<br>Composition<br>4       | BI 2140<br>Anatomy & Phys<br>II Lab<br>1       | General Education**<br>CTDI<br>4  | HE 2500 First Aid &<br>CPR/AED<br>1.5                                       | General<br>Education<br>(DICO)<br>3                       | Psychology option:<br>PBH 3210 Social<br>& Behavioral<br>Health Psychology<br>4<br>Or<br>CC 3860<br>Psychological<br>Aspects of Sport<br>3 | General<br>Education<br>(INCP)<br>4                                     | Elective***<br>3   | Any Additional 4 Credit<br>Direction Course<br><br>Diversity<br>(DICO)<br>3     |
| BI 2110<br>Anatomy &<br>Physiology I<br>3    | General<br>Education**<br>SSDI<br>4            | Professional Skills<br>Course*<br>1.5                                       | General Education<br>(WECO)<br>3  | Elective***<br>3  | General Education<br>(GACO)<br>3   | Elective***<br>3-4  | Elective***<br>2-3   | Wellness<br>(WECO)<br>3   |
| BI 2130<br>Anatomy & Phys I<br>Lab<br>1      | General<br>Education**<br>PPDI<br>4            | Elective***<br>3-4  | General Education**<br>CTDI or PPDI or<br>SSDI<br>4                         | HE 3220<br>Applied<br>Nutrition<br>3                      |  |   |  | Integrated Capstone<br>(INCP)<br>4  |
| 15   | 16.5   | 15.5- 17.5  | 15.5-16.5   | 15  | 13-14  | 14-15   | 15-16  | = 120   |

\*Professional skills courses: PE 2428 Flexibility, Core, and Balance (falls and springs), PE 2640 Burdenko (springs only), PE 2831 Resistance Training Techniques (falls and springs).

\*\*General Education Directions: students need one each of SSDI, CTDI, and PPDI AND 16 TOTAL credits (e.g. students may complete this requirement with four 4-credit courses).

\*\*\*Students may choose to select any elective.

\*\*\*\*Students have two choices for their psychology option: PBH 3210 Social & Behavioral Health Psychology or CC 3860 Psychological Aspects of Sport (springs, odd years).