

SCHOOL OF HEALTH SCIENCES
Health and Human Performance Department

Student: _____ ID#: _____ Catalog Year: 2022-23

MAJOR IN EXERCISE SCIENCE
80 Credits

Admitted to Major: _____

Graduation check: _____

Advisor/Date

The following courses are required of all students intending to complete a degree in either Health and Fitness Education or Exercise Science:

Course	Title	Credits	Quarter	Grade
HHP 1301	Wellness and Physical Activity	3		
CHEM 1310 & 1360	Survey of General Chemistry & Survey of Biological Chemistry (ES)	10		
OR				
CHEM 1211 & 1330	General Chemistry & Survey of Organic Chemistry (PT)	10		
HHP 2128	Functional Anatomy	3		
BIO 2129*	Human Anatomy and Physiology	5		
BIO 2130	Human Anatomy and Physiology	5		
HHP 2195	Philosophy and Research in Health and Physical Activity	5		
FCS 3340	Human Nutrition	5		
HHP 3560	Psychological Aspects of Health and Physical Activity	5		
HHP 3570	Biomechanics	5		
HHP 3575	Motor Learning and Development	5		
HHP 3580	Exercise Physiology	5		
HHP 3942	Internship and career strategies	1		
FCS 4310	Sports and Exercise Nutrition	3		
HHP 4555	Community Health Promotion	3		
HHP 4585	Applied Exercise Science	5		
HHP 4899	Senior Capstone	5		
HHP 4930	Exercise Science Practicum	1		
HHP 4942	Internship reflection and professional development	3		
HHP electives	Choose from the list below	3		

The following are electives for a degree in Exercise Science:

Course	Title	Credits	Quarter	Grade
HHP 2617	Teaching Health and Fitness	3		
HHP 3545	Programs for Special Populations	3		
HHP 3590	Sport Injury Management	4		
HHP 4575	Coaching and Training Seminar	4		
HHP 4595	Administration of Programs in Health and Physical Activity	3		

**Exercise Science
2022-23 Advising Plans**

	<u>AUTUMN</u>		<u>WINTER</u>		<u>SPRING</u>
FR	HHP 1301 (3)	-OR-	HHP 1301 (3)	-OR-	HHP 1301 (3)
	HHP 2128 (3)	-OR-	HHP 2128 (3)	-OR-	HHP 2128 (3)
	CHM 1310 (5)* OR CHM 1211 (5)*		CHM 1360 (5) OR CHM 1330 (5)	-OR-	CHM 1360 (5)
SO	BIO 2129 (5)*		BIO 2130 (5)		FCS 3340 (5)
JR	HHP 3560 (5)		HHP 3570 (5)		HHP 3580 (5)
	HHP 2195 (5)		HHP 4555 (3)		HHP 3575 (5)
					HHP 3942 (1)
SR	HHP 4899 (2)		HHP 4899 (2)		HHP 4899 (1)
	HHP 4585 (5)		HHP 4942 (3)		FCS 4310 (3)
	HHP 4930 (1)				

NOTE 1: This is the recommended class rotation for the Exercise Science major based on the 2022-23 Time Schedule. Students should keep in mind that course offerings may change at any time and adjustments to student academic plans may be necessary.

NOTE 2: This progression **does not include 3 credits of elective courses required for the Exercise Science major.** These classes should be added according to student availability.

NOTE 3: Highly recommended course in statistics; MAT 2360 or HSC 4044

*NOTE 4: Prerequisites for BIO 2129: CHM 1100, 1211, or 1310, or score of 35 or higher on the Chemistry placement Exam.

*NOTE 5: Chemistry 1310 & 1360 for Exercise Science. CHM 1211 & 1330 for Physical Therapy.