

2014-2016 CATALOG
FOUR YEAR PLAN
EXERCISE SCIENCE MAJOR

FALL - YEAR 1	CR
Freshmen Seminar	2
HPER 241 - Intro to Ex. Science	3
ENGL 110 - College Composition	3
PSYC 111 - Intro to Psychology	3
GEN ED Group III	3
TOTAL CREDITS	14

SPRING - YEAR 1	CR
MATH 103 - College Algebra	4
ENG 120 - College Composition II	3
HPER 100 - Concepts of Fitness and Wellness	2
HPER 240 - Princ. Of Human Nutrition	3
CSCI 101 - Intro to Computers	3
HPER 210 - 1st Aid/CPR	1
TOTAL CREDITS	16

FALL - YEAR 2	CR
BIO 150 - Gen Biology	3
BIO 150L - Gen Biology Lab	1
CHEM 121 - Gen Chemistry 1	4
CHEM 121L - Gen Chemistry 1 Lab	1
COMM 110 - Fund of Public Speaking	3
HPER 207 - Care & Prev of Athletic Injuries	2
Electives	3-4
TOTAL CREDITS	17-18

SPRING - YEAR 2	CR
BIO 151 - Gen Biology II	3
BIO 151L - Gen Biology II Lab	1
CHEM 122 - Gen Chemistry II	4
CHEM 122L - Gen Chemistry II Lab	1
HPER 320 - Teaching Weight Training	2
HPER 300 - Perf Asses & Training Prescription	3
GEN ED IV - Hist or Soc	3
TOTAL CREDITS	17

FALL - YEAR 3	CR
BIO 220 - Anatomy & Physiology	3
BIO 220L - Anatomy & Physiology Lab	1
PHYS 211 - College Physics I	3
PHYS 211L - College Physics I Lab	1
GEN ED Group III	3
ELECTIVES	5-6
TOTAL CREDITS	16-17

SPRING - YEAR 3	CR
BIO 222 - Anatomy & Physiology II	3
BIO 222L - Anatomy & Physiology II Lab	1
HPER 328 - Biomechanics	3
HPER 328L - Biomechanics Lab	3
HPER 371 - Perf Assess & Adv Athletic Devel I	2
GEN ED Group IV	3
ELECTIVES	3-4
TOTAL CREDITS	16-17

FALL - YEAR 4	CR
MATH 305 - Prob & Stats	4
HPER 432 - Physiology of Exercise	3
HPER 372 - Perf Assess & Adv Ath Devel II	2
GEN ED Group III	3
ELECTIVES	3-5
TOTAL CREDITS	15-17

SPRING - YEAR 4	CR
HPER 435 - Advanced Exercise Science	3
BIO/HPER 494 - Undergrad Research	4
ELECTIVES	7-9
TOTAL CREDITS	14-16