

Name _____ Date: _____

Bachelor of Science - Exercise Physiology

A Suggested Sequence of Required Courses (2020-2021 Catalog)

Freshman Year

Fall	Spring
_____ 0 CHA 1088 <i>University Chapel</i> (And credit-bearing NSE)	_____ 0 CHA 1088 <i>University Chapel</i>
_____ 3 ENG 1302, 1310 or PWR 3300 (Research Writ & Lit Req 1)	_____ 3 CHE 1300 <i>Introductory Chemistry (Pre-req for NUTR 2351)</i>
_____ 2-3 Fine Arts & Performing Arts (<i>see options below</i>)	_____ 3 CSS 1301 <i>Fundamentals of Public Communication</i>
_____ 3-4 Foreign Language & Cultures	_____ OR: CSS 1302 <i>Speech for Business and Professional Students</i>
_____ 3 MTH 1320 <i>Pre-Calculus Mathematics</i>	_____ 3 ENG 2301 <i>British Literature</i>
_____ OR: 1321 <i>Calculus I (Pre-req for PHY)</i>	_____ OR: ENG 2306 <i>World Literature</i>
_____ 1 PUBH 1145 <i>Health and Human Behavior</i>	_____ 3-4 Foreign Language & Cultures
_____ 3 REL 1310 <i>The Christian Scriptures (Pre-req for REL 1350)</i>	_____ 3 HIS 1300 <i>The United States in Global Perspective</i>
	_____ 1 LF 11__ <i>Lifetime Fitness</i>
Total: 15-17	Total: 16-17

Sophomore Year

Fall	Spring
_____ 4 HP 1420 <i>Human Anatomy (Pre-req for HP 2306 & 2420)</i>	_____ 3 ENG 2310 <i>American Literary Cultures</i>
_____ 1 LF 11__ <i>Lifetime Fitness</i>	_____ 4 HP 1421 <i>Introduction to Human Physiology (Prereq for HP 4450)</i>
_____ 4 PHY 1408 <i>General Physics for Natural & Behavioral Science I</i>	_____ 3 HP 2306 <i>Anatomical Kinesiology ("C" in HP 1420 required; Pre-req for HP 4354)</i>
_____ 3 PSY 1305 <i>Psychological Science: Understanding Human Behavior</i>	_____ 1 LF 11__ <i>Lifetime Fitness</i>
_____ 3 REL 1350 <i>The Christian Heritage</i>	_____ 4 PHY 1409 <i>General Physics for Natural & Behavioral Science I</i>
Total: 15	Total: 15

Junior Year

Fall	Spring
_____ 3 Restricted Elective (<i>see reverse</i>)	_____ 3 HP 3320 <i>Fundamentals of Exercise Biochemistry (HP 2420 required)(Spring only)</i>
_____ 3 HP 2307 <i>Biomechanics</i>	_____ 3 HP 3330 <i>Research Methods & Design in Exercise Science</i>
_____ 4 HP 2420 <i>Exercise Physiology ("C" in HP 1420 required)</i>	_____ 3 HP 4368 <i>Motor Learning & Development (Spring only)</i>
_____ (Pre-req for HP 3320, HP 4450, HP 4352, HP 4354)	_____ 3 HP 4393 <i>Facilities & Equipment in HHPR</i>
_____ 3 NUTR 2351 <i>Nutrition</i>	_____ OR: HP 4369 <i>Sports Psychology</i>
_____ 3 SOC 1305 <i>Introduction to Sociology</i>	_____ 4 HP 4450 <i>Exercise Testing and Interpretation I (HP 1421 & 2420 required)</i>
	_____ (Pre-req for HP 4471, HP 4375)
Total: 16	Total: 16

Summer

_____ 6 HP 4V79 <i>Internship in Human Performance</i>
Total: 6 (Departmental Approval AND CPR & First Aid Required)

Senior Year

Fall	Spring
_____ 3 Restricted Elective (<i>see reverse</i>)	_____ 3 Restricted Elective (<i>see reverse</i>)
_____ 3 HP 4352 <i>Exercise & Sport Nutrition (HP 2420 req; Fall only)</i>	_____ 3 Restricted Elective (<i>see reverse</i>)
_____ 3 HP 4354 <i>Techniques of Strength Training & Conditioning</i>	_____ 3 HP 4375 <i>Exercise Prescription in Health & Disease (HP 4450 req; Spring Only)</i>
_____ (HP 2306 & 2420 required)(Fall only)	_____ 3 PSC 1387 <i>The U.S. Constitution, Interp, & the Amer. Pol Exp.</i>
_____ 4 HP 4471 <i>Exercise Testing and Interpretation II</i>	
_____ (HP 4450 & CPR/First Aid certification required)	
Total: 13	Total: 12

Total Hours = 124 -127

All students must graduate with a min. of 124 hours, 36 of which must be at the 3000/4000 level.

Fine Arts and Performing Arts: Select one from ADM 1241, ARTH 1300, 1310, 1314, 2302, 2303, CLA 3315, ENG 3304, 3306, FCS 1231, FDM 1309, ID 3313, 4313, MUS 1321, 3321, 3322, 3323, 4364/LAS 4364, THEA 1301, 1306

Boldface indicates important prerequisite requirements and Spring- or Fall-only course offerings

Program Director: Dr. Deborah Johnston; (254) 710-4020; MMGym, #215

Academic Advisors: RCHHS Advising; (254) 710-4408; Hankamer H020

Please see reverse side for important information on general requirements and electives.

Updated Oct. 2020

Exercise Physiology

Basic Notes:

Professional Field Experience: HP 4V79 Internship in Human Performance

Must have 60 hours earned and attend mandatory Internship meeting prior to field experience. Internships for academic credit must be approved by Program Director and comply with University policy. First Aid and CPR certifications are required for field experience. The internship counts for 6 credit hours and 300 clock hours.

General Division Electives - select 12 hours from the list of approved choices below. You must seek approval from the Program Director if you wish to take a course not listed. Although grouped, electives do not all need to come from the same group

(1000-level, 1-hour activity courses may not be taken to meet this requirement)

Strength and Conditioning General Electives		
HP	2341	Prevention and Care of Athletic Injuries
HP	3382	Risk Management in HHPR
HP	4370	Successful Coaching
MGT	3301	Managing People in Organizations
ENT	3315	Starting & Managing a Business
RLS	3302	Program Planning in Leisure Services
RLS	4391	Leisure Service Management

Nutrition General Electives		
NUTR	1401	Introduction to Food Science
NUTR	2380	Introduction to Food Delivery Systems (pre-req: NUTR 1401 & 2351)
NUTR	3314	Consumer Nutrition
NUTR	3435	Food Service Production (pre-req: NUTR 1401, 2351 & 2380)
NUTR	3351	Nutrition Counseling & Education (pre-req: NUTR 2351)
NUTR	4351	Life Cycle Nutrition (pre-req: NUTR 2351)
NUTR	4352	World Nutrition (pre-req: NUTR 2351)
NUTR	4386	Nutrition for Sport & Fitness (pre-req: NUTR 2351)

Pre-Physical Therapy General Electives		
BIO	1305	Modern Concepts of Bioscience
BIO	1105	Modern Concepts of Bioscience Laboratory
BIO	1306	Modern Concepts of Bioscience, cont'd
BIO	1106	Modern Concepts of Bioscience Laboratory
BIO	2401	Human Anatomy and Physiology of Motion and Innervation
BIO	2402	Human Anatomy and Physiology of Metabolism and Processing
BIO	3322	Human Physiology (and BIO 3122, Human Physiology Lab)
BIO	4432	General Human Anatomy
CHE	1301	Basic Principles of Modern Chemistry I
CHE	1101	General Chemistry Laboratory I
CHE	1302	Basic Principles of Modern Chemistry II
CHE	1102	General Chemistry Laboratory II
CLA	3381	Medical Terminology
HP	3368	Adapted Physical Education
PSY	3321	Abnormal Psychology
PSY	3341	A Survey of Human Development
STA	1380	Elementary Statistics
STA	2381	Introductory Statistical Methods

Pre-Medical General Electives		
BIO	1305	Modern Concepts of Bioscience
BIO	1105	Modern Concepts of Bioscience Laboratory
BIO	1306	Modern Concepts of Bioscience, cont'd
BIO	1106	Modern Concepts of Bioscience Laboratory
BIO	2401	Human Anatomy and Physiology of Motion and Innervation
BIO	2402	Human Anatomy and Physiology of Metabolism and Processing
BIO	3322	Human Physiology (and BIO 3122, Human Physiology Lab)
BIO	4432	General Human Anatomy
CHE	1301	Basic Principles of Modern Chemistry I
CHE	1101	General Chemistry Laboratory I
CHE	1302	Basic Principles of Modern Chemistry II
CHE	1102	General Chemistry Laboratory II
CHE	4341	General Biochemistry
STA	1380	Elementary Statistics
STA	2381	Introductory Statistical Methods

Business General Electives		
ACC	2301	Survey of Accounting
BUS	3302	Personal Financial Decisions
ECO	1305	Issues in Economics for Non-Business Majors
ENT	3315	Starting and Managing a Business
MGT	3301	Managing People in Organizations
MKT	3301	Marketing Concepts
MKT	3310	Professional Selling & Communications

Basic Clinical General Electives		
CLA	3381	Medical Terminology
HP	2304	Advanced First Aid
HP	3368	Adapted Physical Education
PUBH	3350	Human Physiology for Allied Health Professionals (pre-req: HP 1420)
PUBH	3351	Epidemiology/Vital Statistics
PUBH	4355	Human Diseases (pre-req: PUBH 3350 or BIO 3422)
RLS	4396	Considerations for Diverse Populations in Leisure Programming
STA	1380	Elementary Statistics