

Name _____ Date: _____

Bachelor of Science in Education - Exercise Physiology

A Suggested Sequence of Required Courses (2018-2019 Catalog)

Freshman Year

Fall	Spring
_____ 0 CHA 1088 <i>Chapel</i> (And credit-bearing NSE or BU-1000)	_____ 0 CHA 1088 <i>Chapel</i>
_____ 3 ENG 1302 <i>Thinking and Writing</i>	_____ 3 CHE 1300 <i>Introductory Chemistry</i>
_____ 2-3 Fine Arts (<i>ART, MUS, MUEN or THEA</i>)	_____ 3 CSS 1301 or CSS 1302 <i>Public Communication</i>
_____ 1 PUBH 1145 <i>Health and Human Behavior</i>	_____ 3 ENG 1304 <i>Thinking, Writing & Research</i> (or ENG 3300)
_____ 3 MTH 1320 <i>Pre-Calculus</i> or MTH 1321 <i>Calculus I</i>	_____ 3 History (choose one 3-hour history course with an HIS prefix)
_____ 3 REL 1310 <i>The Christian Scriptures</i>	_____ 1 LF 11__
_____ 3 SOC 1305 <i>Introduction to Sociology</i>	_____ 3 REL 1350 <i>The Christian Heritage</i>
Total: 15-16	Total: 16

Sophomore Year

Fall	Spring
_____ 4 HP 1420 <i>Human Anatomy</i> (Pre-req for HP 2306 & 2420)	_____ 3 ENG 2301, 2304 or 2306 <i>British, American or World Literature</i>
_____ 1 LF 11__	_____ 4 HP 1421 <i>Intro to Human Physiology</i> (Pre-req for HP 4450)
_____ 3 BUS 1305 or CSI 3303	_____ 3 HP 2306 <i>Anatomical Kinesiology</i> (" C " in HP 1420 required) (Pre-req for HP 4354)
_____ 4 PHY 1408 <i>General Physics for Nat & Beh Sciences I</i>	_____ 1 LF 11__
_____ 3 PSY 1305 <i>Introductory Psychology</i>	_____ 4 PHY 1409 <i>General Physics for Nat & Beh Sciences II</i>
Total: 15	Total: 15

Junior Year

Fall	Spring
_____ 3 General Division Elective (see reverse)	_____ 3 HP 3320 <i>Fund of Exercise Biochemistry</i> (HP 2420 required) (Spring only)
_____ 3 NUTR 2351 <i>Nutrition</i>	_____ 3 HP 3330 <i>Research Methods & Design in Exercise Science</i>
_____ 3 HP 2307 <i>Biomechanics</i>	_____ 3 HP 4368 <i>Motor Learning & Development</i> (Spring only)
_____ 4 HP 2420 <i>Exercise Physiology</i> (" C " in HP 1420 required) (Pre-req for HP 3320, HP 4450, HP 4352, HP 4354)	_____ 4 HP 4450 <i>Exercise Testing and Interpretation I</i> (HP 1421 & 2420 required) (Pre-req for HP 4471, HP 4375)
_____ 3 HP 4393 <i>Facilities & Equipment in HHPR</i> or BUS 3303 <i>Managerial Communications</i>	_____ 3 PSC 2302 <i>American Constitutional Development</i>
Total: 16	Total: 16

Summer

_____ 6 HP 4V79 <i>Internship in Human Performance</i>
Total: 6

Senior Year

Fall	Spring
_____ 3 General Division Elective (see reverse)	_____ 3 General Division Elective (see reverse)
_____ 3 HP 4352 <i>Exercise & Sport Nutrition</i> (HP 2420 required) (Fall Only)	_____ 3 General Division Elective (see reverse)
_____ 3 HP 4354 <i>Techniques of Strength Training & Conditioning</i> (HP 2306 & 2420 required) (Fall only)	_____ 3 HP 4369 <i>Sports Psychology</i>
_____ 4 HP 4471 <i>Exercise Testing and Interpretation II</i> (HP 4450 & CPR/First Aid certification required)	_____ 3 HP 4375 <i>Exercise Prescription in Health and Disease</i> (HP 4450 required) (Spring Only)
Total: 13	Total: 12

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

Total Credit Hours = 124 - 125

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

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

Updated: DJL 05/18/2018

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 below approved list (or seek approval by the Program Director for courses not listed); Although grouped, electives don't 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	3305	Leadership & Organizational Behavior
ENT	3315	Starting & Managing a Business; or
RLS	3302	Program Planning in RLS
RLS	4391	Leisure Service Management

Nutrition General Electives		
NUTR	1401	Introduction to Food Science
NUTR	2351	Nutrition
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 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 Fitness & Sport (pre-req: NUTR 2351)

Pre-Physical Therapy General Electives		
BIO	1305	Modern Concepts of Bioscience
BIO	1105	Modern Concepts of Bioscience Lab
BIO	1306	Modern Concepts of Bioscience, cont'd
BIO	1106	Modern Concepts of Bioscience Lab
BIO	2401	Human Anatomy and Physiology of Motion and Innervation
BIO	2402	Human Anatomy and Physiology of Metabolism and Processing
BIO	3422	Human Physiology
BIO	3425	General Human Anatomy
CHE	1301	Basic Principles of Modern Chemistry I
CHE	1101	Basic Principles of Modern Chemistry Lab I
CHE	1302	Basic Principles of Modern Chemistry II
CHE	1102	Basic Principles of Modern Chemistry Lab 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 Lab
BIO	1306	Modern Concepts of Bioscience, cont'd
BIO	1106	Modern Concepts of Bioscience Lab
BIO	2401	Human Anatomy and Physiology of Motion and Innervation
BIO	2402	Human Anatomy and Physiology of Metabolism and Processing
BIO	3422	Human Physiology
BIO	3425	General Human Anatomy
CHE	1301	Basic Principles of Modern Chemistry I
CHE	1101	Basic Principles of Modern Chemistry Lab I
CHE	1302	Basic Principles of Modern Chemistry II
CHE	1102	Basic Principles of Modern Chemistry Lab 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	3305	Leadership & Organizational Behavior
MKT	3305	Principles of Marketing
MKT	3310	Professional Selling & Communication

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
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