

NAME \_\_\_\_\_

Major: Exercise &amp; Sport Physiology

First Year		Second Year		Third Year		Fourth Year		Gen Ed Perspectives	
EX 2755 Intro to Exercise Science 3	Professional Skills Course* 1.5	PE 3570 Kinesiology 3	EX 3580 Exercise Physiology 3	PE 3720 Motor Learning 3	EX 3890 Exercise Testing 3	EX 4820 Advanced Exercise Physiology 3	Capstone EX 4830 Applied Research <i>or</i> EX 4880 Internship 4		Students can move these around into any Gen Ed block.
IS 1115 Tackling a Wicked Problem 4	MA 2300 Stats (Math Foundations) 3	CH 2335 General Chemistry I (QRCO) 4	EX 3750 Exercise Physiology Lab 1	EX 4520 P&T of S&C 3	EX 3895 Exercise Testing Lab 1	EX 4825 Advanced Exercise Physiology Lab 1	Elective*** 3		Need total of 16 credits Directions <u>Self and Society</u> (SSDI) 3-6
EN 1200 English Composition 4	BI 2120 Anatomy & Physiology II 3	General Education** CTDI 3	CH 2340 General Chemistry II (QRCO) 4	EX 4525 P&T of S&C Lab 1	EX 4870 Exercise Prescription 3	EX 4840 Research Methods in Exercise Science (WRCO) 3	Elective*** 3		Past and Present (PPDI) 3-6
BI 2110 Anatomy & Physiology I 3	BI 2140 Anatomy & Phys II Lab 1	General Education** CTDI or PPDI or SSDI 3-4	HE 2500 First Aid & CPR/AED 1.5	General Education (DICO) 3	HE 3220 Applied Nutrition 3	Psychology option: PBH 3200 Social & Behavioral Health Psychology (INCO)**** 4	Elective*** 3		Creative Thought (CTDI) 3-6
BI 2130 Anatomy & Phys I Lab 1	General Education** SSDI 3-4	Professional Skills Course* 1.5	General Education** CTDI or PPDI or SSDI or Elective*** 3-4	General Education** CTDI or PPDI or SSDI or Elective*** 3-4	General Education (GACO) 3	Elective*** 3	Elective*** 1.5		Diversity (DICO) 3 Wellness (WECO) 3
	General Education** PPDI 3-4		General Education (WECO) 3	Elective*** 3	Elective*** 2	Elective*** 2			Integrative (INCO) 3
15	14.5-16.5	14.5- 15.5	15.5-16.5	16-17	15	16	14.5		= 120

\*Professional skills courses: PE 2428 Flexibility, Core, and Balance (falls and springs), PE 2525 Group Exercise Leadership (springs), PE 2640 Burdenko (springs only), PE 2740 Water Exercise Techniques (falls and springs), 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. A major specific elective is EX 4500: Special Topics: Applied Strength and Conditioning (1-3 credits).

\*\*\*\*Students have two choices for their psychology option: PBH 3200 Social & Behavioral Health Psychology. This course also serves as the INCO for the major. This choice is depicted in the plan above. CC 3860 Psychological Aspects of Sport (springs, odd years). Selection of this course would require students to also complete an INCO to satisfy their general education requirements.