**Exercise and Sport Physiology**

**4-Year Block Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **Fall 1** |  | **Spring 1** |  |
| PE 2755 Introduction to Exercise Science | 3 | BI 2120 Human Anatomy & Physiology II | 3 |
| BI 2110 Human Anatomy & Physiology I | 3 | BI 2140 Human Anatomy & Physiology II Lab | 1 |
| BI 2130 Human Anatomy & Physiology I Lab | 1 | PE 2750 Functional Anatomy | 2 |
| EN 1200 Composition | 3 | MA 2300 Statistics I (MATH) | 3 |
| IS 1111 The First Year Seminar | 3 | CTDI | 3 |
| SSDI | 3 | PPDI | 3 |
|  | **16** |  | **15** |
|  |  |  |  |
| **Fall 2** |  | **Spring 2** |  |
| PE 3570 Kinesiology | 3 | PE 3720 Motor Learning | 3 |
| CH 2335 General Chemistry I (QRCO) | 4 | CH 2340 General Chemistry II | 4 |
| PPDI | 3 | SSDI | 3 |
| CTDI | 3 | Elective | 3 |
| Professional Skills Course\* | 1.5 | WECO | 3 |
|  | **14.5** |  | **16** |
|  |  |  |  |
| **Fall 3** |  | **Spring 3** |  |
| PE 3580 Physiology of Exercise | 3 | PE 3890 Exercise Testing | 3 |
| PE 3750 Physiology of Exercise Lab | 1 | PE 3895 Exercise Testing Lab | 1 |
| HE 3220 Applied Nutrition (TECO) | 3 | PE 4520 P&T of Strength and Conditioning | 3 |
| Psychology option: PE 4010 Exercise and Health Psychology (INCO)\*\* | 3 | PE 4860 P&T of S&C Lab | 1 |
| DICO | 3 | AT 3400 Pharmacology | 2 |
| Elective | 3 | GACO | 3 |
|  |  | Elective | 3 |
|  | **16** |  | **16** |
|  |  |  |  |
| **Fall 4** |  | **Spring 4** |  |
| PE 4820 Advanced Physiology of Exercise | 3 | Capstone Experience (PE 4830, Applied Research in Exercise Science or PE 4880, Physical Education Internship) | 4 |
| PE 4825 Advanced Physiology of Exercise Lab | 1 | PE 4780 Exercise Prescription | 3 |
| PE 4840 Research Methods in Exercise Science (WRCO) | 3 | Professional Skills Course | 1.5 |
| HE 2500 First Aid & CPR/AED | 1.5 | Elective | 2 |
| Elective | 3 | Elective | 3 |
| Elective | 1.5 |  |  |
|  | **13** |  | **13.5** |

**Total = 120 credits**

\*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)

\*\*Students have two choices for their psychology option:

* PE 4010 Exercise and Health Psychology (falls only). 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.