

SCHOOL OF HEALTH SCIENCES
Health and Human Performance Department

Suggested Course Sequence

Based on Catalog Year: 2018-19

MAJOR IN EXERCISE SCIENCE

80 Credits

	<u>AUTUMN</u>		<u>WINTER</u>		<u>SPRING</u>
FR	HHP 1301 (3) HHP 2128 (3)	-OR-	HHP 1301 (3) HHP 2128 (3)	-OR-	HHP 1301 (3) HHP 2128 (3)
	CHM 1211 (5)		CHM 1330 (5)		
	CHM 1310 (5)	-OR-	CHM 1360 (5)		
SO	BIO 2129 (5)* HHP 2195 (5)		BIO 2130 (5)		FCS 3340 (5)
JR	HHP 3560 (5) HHP 3570 (5)		HHP 3570 (5) HHP 4555 (3)		HHP 3580 (5) HHP 3575 (5)
SR	HHP 4899 (2) HHP 4585 (5) HHP 4930 (1)		HHP 4899 (2) HHP 4940 (4)		HHP 4899 (1) FCS 4310 (3)

NOTE 1: This is the recommended class rotation for the Exercise Science major based on the 2018-19 Time Schedule. Students should keep in mind that course offerings may change at any time and adjustments to student academic plans may be necessary.

NOTE 2: This progression ***does not include 3 credits of elective courses required for the Exercise Science major.*** These classes should be added according to student availability.

NOTE 3: Highly recommended course in statistics; MAT 2360 or HSC 4044

*NOTE 4: Prerequisites for BIO 2129: CHM 1100, 1211, or 1310, or score of 35 or higher on the Chemistry placement Exam.

The following courses are required of all students intending to complete a degree in either Health and Fitness Education or Exercise Science:

Total credits: 54

Course	Title	Credits	Quarter	Grade
HHP 1301	Wellness and Physical Activity	3		
HHP 2128	Functional Anatomy	3		
BIO 2129*	Human Anatomy and Physiology	5		
BIO 2130	Human Anatomy and Physiology	5		
HHP 2195	Philosophy and Research in Health and Physical Activity	5		
HHP 3560	Psychological Aspects of Health and Physical Activity	5		
HHP 3570	Biomechanics	5		
HHP 3575	Motor Learning and Development	5		
HHP 3580	Exercise Physiology	5		
HHP 4555	Community Health Promotion	3		
HHP 4585	Applied Exercise Science	5		
HHP 4899	Contemporary Issues in Health and Physical Activity	5		

The following courses are required of all students intending to complete a degree in Exercise Science:

Total credits: 26

Course	Title	Credits	Quarter	Grade
CHEM 1211 and CHEM 1330	General Chemistry	10		
-OR-				
CHEM 1310 and CHEM 1360	Organic and Biological Chemistry	10		
FCS 3340	Human Nutrition	5		
FCS 4310	Sports and Exercise Nutrition	3		
HHP 4930	Exercise Science Practicum	1		
HHP 4940	Internship	4		
HHP electives		3		

The following are electives for a degree in Exercise Science:

Course	Title	Credits	Quarter	Grade
HHP 2550	Responding to Emergencies	3		
HHP 2617	Teaching Health and Fitness	2		
HHP 3545	Programs for Special Populations	3		
HHP 3590	Sport Injury Management	4		
HHP 4575	Coaching and Training Seminar	4		
HHP 4595	Administration of Programs in Health and Physical Activity	3		

Student: _____ ID#: _____

Admitted to Major: _____

Graduation check: _____

Advisor/Date