

## Exercise Science & Wellness Program- Clinical Concentration 2020-2021

### AREA I – Written Composition (6 Hrs in Sequence)

_____	_____	(3) EH 101	English Composition I
_____	_____	(3) EH 102	English Composition II

### AREA II – Humanities & Fine Arts (12 Hrs)\*

*\*Students must complete a 6-hour sequence in either Literature or History with a minimum of three semester hours in Literature and History. Minimum of 3 hours in Art, Drama, or Music required.*

_____	_____	(3) EH 141	Oral Communication (3 Hrs)
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**Plus**

Select three of the following courses: (9 Hrs)\*

_____	_____	(3) Art 202	Art Appreciation
_____	_____	(3) Art 111 / 112	Art History
_____	_____	(3) DR 242	Introduction to Theatre
_____	_____	(3) EH 201	American Literature I
_____	_____	(3) EH 202	American Literature II
_____	_____	(3) EH 203	Survey of English Literature I
_____	_____	(3) EH 204	Survey of English Literature II
_____	_____	(3) EH 219	Honors English Literature I
_____	_____	(3) EH 220	Honors English Literature II
_____	_____	(3) EH 231	World Literature I
_____	_____	(3) EH 232	World Literature II
_____	_____	(3, 3) FH 101/102	Beginner's French
_____	_____	(3, 3) FH 201/202	Intermediate French
_____	_____	(3) FLM 230	Introduction to Film
_____	_____	(3, 3) SH 101/102	Beginner's Spanish
_____	_____	(3, 3) SH 201/202	Intermediate Spanish
_____	_____	(3) MU 233	Introduction to Music

### AREA III – Natural Sciences & Mathematics (11 Hrs)

#### Science Sequence: (8 Hrs)

_____	_____	(4) BY 101/103	General Biology/Lab
_____	_____	(4) CY 105/107	General Chemistry/Lab

#### Mathematics: (3 Hrs)

_____	_____	(3) MS 112^	Precalculus Algebra (or higher)
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^please note that MS 113 is required for PHS 201/203L

### AREA IV – History, Social & Behavioral Sciences (12 Hrs)\*

*\*Students must complete a 6-hour sequence in either Literature or History with a minimum of three semester hours in Literature and History.*

#### Psychology Sequence: (6 Hrs)

_____	_____	(3) PSY 201	Principles of Psychology
_____	_____	(3) PSY 222	Human Development

**Plus**

Select two of the following courses: (6 Hrs)\*

_____	_____	(3) AN 224	Intro to Anthropology**
_____	_____	(3) GY 120	World Regional Geography
_____	_____	(3) GY 220	Human Geography
_____	_____	(3) HY 101	Western Civilization I
_____	_____	(3) HY 102	Western Civilization II
_____	_____	(3) HY111	World History I
_____	_____	(3) HY112	World History II
_____	_____	(3) HY 201	American History I
_____	_____	(3) HY 202	American History II
_____	_____	(3) SY 221	Intro to Sociology**

\*\*Suggested for Occupational Therapy pathway

### AREA V – Pre-Professional, Major, & Designed Electives

#### Pre-Professional Studies: (23 Hours)

_____	_____	(3) HPE 109	Concepts of Wellness
_____	_____	(1) HPE 165	Intro to ESW
_____	_____	(2) HPE 232	Sports Safety & First Aid
_____	_____	(3) HPE 272	Basic Athletic Training
_____	_____	(3) FCS 215	Introduction to Nutrition <b>OR</b>
_____	_____	<b>OR</b> FCS 322	Normal Nutrition
_____	_____	(3) MS 204	Basic Statistics
_____	_____	(4) BY 102/104	General Biology/Lab
_____	_____	(4) BY 263**	Human Anatomy & Physiology
_____	_____	(0) STU 101	First Year Experience

\*\*BY 263 is a prerequisite for many of the ESW program courses.

#### Exercise Science Core: (34 Hours)

_____	_____	(3) HPE 209	Esst. of Human Performance
_____	_____	(3) HPE 350	Intro to Personal Training
_____	_____	(3) HPE 362	Kinesiology
_____	_____	(3) HPE 400	Exercise Physiology
_____	_____	(1) HPE 413	Exercise Physiology Lab
_____	_____	(3) HPE 415	Biomechanics
_____	_____	(3) HPE 430	Exercise Prescription
_____	_____	(3) HPE 440	Fitness Testing
_____	_____	(3) HPE 441	Design of Wellness Programs
_____	_____	(3) HPE 450	ESW Research Seminar
_____	_____	(6) HPE 465	Practicum in ESW

#### Exercise Science Designed Electives: (10 Hours)\*\*\*

**SIX HOURS must be 300+level**

_____	_____	( ) _____	( ) _____
_____	_____	( ) _____	( ) _____

#### Advisor Designed Electives: 16 Hours\*\*\*

_____	_____	(4) BY 264	Human Anatomy & Physiology II
_____	_____	(4) BY 320	Comparative Vertebrate Anatomy
_____	_____	(4) BY 322	Genetics
_____	_____	(4) BY 323	Microbiology
_____	_____	(4) BY 373	Cell Biology
_____	_____	(3) BY 403	Immunology
_____	_____	(4) CY 106/108	General Chemistry/Lab
_____	_____	(3) EH 322	Technical Writing
_____	_____	(3) NU 130	Medical Terminology
_____	_____	(4,4) PHS 201/203, 202/204	College Physics I&II
_____	_____	(3) PSY 330	Abnormal Psychology

**\*\*\*dependent on career path**

**NOTE: Of the 124 Total Semester Hours, 36 must be at the 300 level or above. "C" or better required on all HPE courses and BY 263.**

#### Additional graduation requirements:

**Minimum 3.25 GPA, pass the ECE, obtain either the ACSM's EP-C or NSCA's CSCS certification, and take the EPP.**