

Exercise Science & Wellness Program- Human Performance 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 3 semester hours in Literature and History. Minimum of 3 hours in Art, Drama, or Music required.*

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

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)

*Please note that MS 113 is required for Physics

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

**Students must complete a 6-hour sequence in either Literature or History with a minimum of 3 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 Introduction 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) HY 111 World History I
 _____ (3) HY 112 World History II
 _____ (3) HY 201 American History I
 _____ (3) HY 202 American History II
 _____ (3) PSC 100 American Government
 _____ (3) SY 221 Introduction to Sociology**

**Suggested for Occupational Therapy pathway

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

Pre-Professional Studies: (19 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 **OR**
 _____ **OR** FCS 322 Normal Nutrition
 _____ (3) MS 204 Basic Statistics
 _____ (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

_____ () _____
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Advisor Designed Electives: (16 Hours)***

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*****dependent on career path**

NOTE: Of the 120 total hours, 36+ hours must be at 300+ level; “C” or better required on all HPE courses and BY 263.

Additional graduation requirements:

Minimum 2.50 GPA, pass the ECE, obtain either the ACSM’s EP-C or NSCA’s CSCS certification, and take the EPP.