

**Exercise Science & Wellness Program- Human Performance Concentration**  
**2015 – 2017**

**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.*

\_\_\_\_\_ (3) EH 141 Oral Communication (3 Hrs)

**Plus**

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

\_\_\_\_\_ (3) Art 202 Art Appreciation  
 \_\_\_\_\_ (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, 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 101/103L General Biology/Lab  
 \_\_\_\_\_ (4) BY 263 Human Anatomy & Physiology

**Mathematics – (3 Hrs)**

\_\_\_\_\_ (3) MS 112 Precalculus Algebra (or higher)

**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 201 American History I  
 \_\_\_\_\_ (3) HY 202 American History II  
 \_\_\_\_\_ (3) PSC 100 American Government  
 \_\_\_\_\_ (3) SY 221 Introduction to Sociology

**AREA V – Pre-Professional, Major, Minor & Electives (79 Hrs)**

**Pre-Professional Studies – (13 Hrs)**

\_\_\_\_\_ (3) HPE 109 Concepts of Wellness  
 \_\_\_\_\_ (1) HPE 165 Intro to ESW  
 \_\_\_\_\_ (3) HPE 209 Esst. of Human Performance  
 \_\_\_\_\_ (3) FCS 215/FCS 322 Introduction to Nutrition **OR**  
 \_\_\_\_\_ Normal Nutrition  
 \_\_\_\_\_ (3) MS 204/SY 304 Basic Statistics **OR**  
 \_\_\_\_\_ Social Statistics  
 \_\_\_\_\_ (4) BY 263\*\* Human Anatomy & Physiology

**\*\*BY 263 hours are counted in Area III to fulfill Natural Science requirement, but listed here as prerequisite for ESW program admission.**

**Professional Studies – (44 Hrs)**

\_\_\_\_\_ (2) HPE 232 Sports Safety & First Aid  
 \_\_\_\_\_ (3) HPE 272 Basic Athletic Training  
 \_\_\_\_\_ (3) HPE 301 Fitness Management  
 \_\_\_\_\_ (3) HPE 350 Intro to Personal Training  
 \_\_\_\_\_ (3) HPE 362 Kinesiology  
 \_\_\_\_\_ (3) HPE 375 Therapeutic Ex and Modalities  
 \_\_\_\_\_ (3) HPE 400 Exercise Physiology  
 \_\_\_\_\_ (3) HPE 405 Scientific Prin of Conditioning  
 \_\_\_\_\_ (3) HPE 406 Physical Fitness Techniques  
 \_\_\_\_\_ (3) HPE 415 Biomechanics  
 \_\_\_\_\_ (3) HPE 440 Fitness Testing  
 \_\_\_\_\_ (3) HPE 441 Design of Wellness Programs  
 \_\_\_\_\_ (3) HPE 450 ESW Research Seminar  
 \_\_\_\_\_ (6) HPE 465 Practicum in ESW

**Minor & General Electives with approval of Advisor (Minimum of 22 Hrs)\*\***

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**\*\*Minors are required and may be selected from any field in which minors are offered except ESW.**

**NOTE: Of the 120 Total Semester Hours, 39 must be at the 300 level or above.**

**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 in order to meet graduation requirements for an ESW degree.**