

Exercise Science & Wellness Program- Human Performance Concentration
2017 – 2019

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.