

Exercise Science, Human Performance Option


1

FIRST YEAR		
<p>FALL PH 101 Health and Wellness INCHEM 100 Introduction to Chemistry or INCHEM 111 General Chemistry ITW* HPEX 250 Introduction to Exercise Science</p>	<p>SPRING MATH 120 Applied Algebra & Trigonometry (satisfies QL* requirement) HP 210 Principles of Coaching MGT 101 Introduction to Management BIO 230 Anatomy & Physiology I</p>	<p>SUMMER 1 (online) ISP* ISP (INHP 220 Physical Activity and Disease Prevention recommended) ISP</p>

2

SECOND YEAR		
<p>FALL HP 201 Physiology of Exercise BIO 332 Anatomy & Physiology II HP, MGT, or PH elective (from approved list) Elective</p>	<p>SPRING HPEX 332** Exercise Testing & Programming HP 200 Applied Kinesiology HP, MGT, or PH elective (from approved list) ISP</p>	<p>SUMMER 2 ISPH 285 Health in Society Elective Elective</p>

3

THIRD YEAR		
<p>FALL HPEX 492 Exercise Science Seminar HPEX 372 Practicum: Exercise Leadership HP 344 Sports Nutrition ISP 300 or 400 level</p>	<p>SPRING HPEX 335 Advanced Strength & Conditioning HPEX 472 Exercise Science Externship or HPEX 371 Coaching Practicum or elective Elective ISP 300 or 400 level if needed or elective</p>	

** Student must have current certification in Standard First Aid and Adult CPR before taking HPEX 332; Course will need to be taken concurrently with prerequisite; instructor signature required to register.

- Courses required for the major are in **bold type**
- Courses in bold type starting with "I" may satisfy both ISP (see below) and major requirements
- Courses are 4 credits unless otherwise noted
- 120 credits required for degree, 40 credits at the 300 or 400 level

***ISP = Integrative Studies Program**

- 40 credits of ISP courses are required.
- 2 ISP courses must be at the 300 or 400 level.
- In order for courses to count for ISP requirements, all Perspectives courses (IH, IN, IA, IS) must be taken in different subjects.

Take one course in each of the following areas:

- ITW (Integrative Thinking and Writing)
- QL (Quantitative Literacy – IQL or approved other)
- IH (Humanities)
- IN (Natural Science)
- IA (Fine and Performing Arts)
- IS (Social Science)
- II (Interdisciplinary)

Students must also take:

- 1 additional IH or IA
- 1 additional IN or IS
- 1 additional ISP (IH, IN, IA, IS, or II)