

HEALTH, PHYSICAL EDUCATION AND RECREATION

NAME: _____

Student ID #: _____

CONCENTRATION: Exercise Science

MINOR: _____

CATALOG YEAR: _____

Department of Health, Physical Education and Recreation

301 Flowers Hall

NOTE: This program of study **DOES NOT** lead to eligibility for teacher certification.

ACHE APPROVED June 2009

(Revised, January 2011)

AREA I: WRITTEN COMPOSITION	Hrs	Gr	Sem	MAJOR CORE	Hrs	Gr	Sem
EN 111 1 st Year Composition I	3			HPE 466W Legal Issues & Risk Management	3		
En 112 1 st Year Composition II	3			HPE 498 Internship	6		
AREA II: HUMANITIES AND FINE ARTS				CONCENTRATION			
Com 201 Fundamentals of Speech	3			HPE 235 Medical Terminology	1		
En 211 or 221 or 231 or 233	3			HPE 352 Kinesiology	3		
En 212 or 222 or 232 or 234	3			HPE 353W Physiology of Exercise	3		
H/FA	3			HPE 360 Intro to Fitness Test	3		
AREA III: NATURAL SCIENCE AND MATH				HPE 378 Athletic Training	3		
#MA	3			HPE 401 Adapted Physical Education	3		
*BI 101 OR BI 111	4			HPE 402 Exercise Rx/Healthy	3		
*BI 102 OR BI 112	4			HPE 403 Essentials Rx Resist Train	3		
AREA IV: HISTORY, SOCIAL/BEHAVIORAL SCIENCES				HPE 405 Exercise Leadership	3		
**HI 101 OR 201	3			HPE 430 Behavior Mod Interventions	3		
**HI 102 OR 202	3			HPE 443 Management of HPEA	3		
***Soc/Beh Sc OR SO 221	3			HPE 450 Motor Learning	3		
***Soc /Beh Sc OR PY 201	3			HPE 451 Tests and Mea in HPE	3		
AREA V: ADDITIONAL REQUIREMENTS				HPE 494 Exercise Rx/Moderate Risk	3		
HPE 102 Weight Training	1			HPE 496 CardioPul Rehab/ECG Interp	3		
HPE 105 Walk/Jog/Run	1			HPE 496L CardioPul Rehab/ECG Interp Lab	1		
HPE 130 OR 131 Swimming	1			SUPPORTING COURSES			
HPE 140 Aerobic Dance	1			BI 241 Human A&P I	4		
HPE 175 Essentials of Healthy Living	3			BI 242 Human A&P II	4		
HPE 213 Foundations of Health	3			SO/PY 300/400 Advisor Approved	3		
HPE 221 Intro to Health and Phy Ed	3						
HPE 225 Nutrition and Human Perf	3			TOTAL	64		
HPE 233 First Aid	3						
HPE 270 Practical Experience in PE	1			GRAND TOTAL	128		
CIS 125 Business Apps of Micro Soft	3						
TOTAL	64						

MA 115, Pre-calculus Algebra and Trigonometry may be required for further graduate studies.

* BI 101 OR BI 111 and BI 102 OR BI 112 are prerequisites for BI 241, Human Anatomy and Physiology I and BI 242, Human Anatomy and Physiology II. Students considering graduate studies in PHYSICAL THERAPY should take BI 111 and BI 112.

**Students completing HI 101 must take HI 102. Students completing HI 201 must take HI 202.

*** SO 221, Introductory Sociology, and PY 201, General Psychology, are strongly recommended to fulfill the Social/Behavioral Sciences requirements.

NOTE: Students considering graduate studies in PHYSICAL THERAPY should also add the following courses to their program of study: general chemistry with lab, general physic with lab, and six (6) hours of psychology. Some clinical experience in physical therapy may also be required as a prerequisite for admission. Refer to specific program requirements before applying.