

## APPLIED EXERCISE PHYSIOLOGY SUGGESTED FOUR YEAR SCHEDULE

1 <sup>ST</sup> SEMESTER (FALL)		2 <sup>ND</sup> SEMESTER (SPRING)		1 <sup>ST</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
EN 111	3	EN 112	3		
HI 101 OR 201	3	HI 102 OR 202	3		
BI 101 OR BI 111	4	BI 102 OR BI 112	4		
HPE 221 Intro to HPE	3	PY 201 OR SO 221	3		
HPE 175 OR HPE 213	3	MA	3		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>16</b>		

3 <sup>RD</sup> SEMESTER (FALL)		4 <sup>TH</sup> SEMESTER (SPRING)		2 <sup>ND</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
Literature	3	Humanities	3		
Fine Arts	3	COM 201 Speech	3		
HPE 225 Nutr&Hum Perf	3	BI 242 Himan A&P II	4		
BI 241 Human A&P I	4	HPE 235 Medical Term	1		
HPE 360 Intro/Fit Test	3	HPE 350 OR 351 OR 408 OR 410 OR 420 OR 450 OR 490	6		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>17</b>		

5 <sup>TH</sup> SEMESTER (FALL)		6 <sup>TH</sup> SEMESTER (SPRING)		3 <sup>RD</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 233 First Aid	3	HPE 402 Exer Rx/Healthy	3		
HPE 352 Kinesiology	3	HPE 403 Ess/Resist Train	3		
HPE 353W Phys of Exer	3	HPE 466 Legal Issues	3		
HPE 451 Applied Stats	3	HPE 443 Mgmt of HPE	3		
CIS 125	3	HPE 401 OR SRM 444	3		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	

7 <sup>TH</sup> SEMESTER (FALL)		8 <sup>TH</sup> SEMESTER (SPRING)		4 <sup>TH</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 405 Ex Lead	3	HPE 000 Sr. Portfolio	0		
HPE 430 Beh Mod Interv	3	HPE 498 Internship	6		
HPE 350 OR 351 OR 408 OR 410 OR 420 OR 450 OR 490	9	300/400 PY/SO	3		
		HPE 350 OR 351 OR 408 OR 410 OR 420 OR 450 OR 490	3		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>12</b>		
		<b>TOTAL PROGRAM</b>	<b>122</b>		

## EXERCISE SCIENCE CONCENTRATION

Exercise Science is the newest of our professional options in the Department of Health Physical Education and Recreation at the University of North Alabama. Many of our graduates will seek ***Exercise Physiologist*** positions. This degree is also a good choice of college preparation for entry into a ***Physical Therapy*** and ***Occupational Therapy*** graduate program.

***Exercise physiologists*** in non-clinical settings like fitness centers are usually generalists, working with people who are at varying levels of fitness. ***Clinical exercise physiologists***, however, often specialize in exercise physiology for people with specific medical problems like cardiovascular, immunological, neuromuscular, or pulmonary conditions.

**What do they do?** Exercise physiologists design exercise programs and teach clients to follow them.

**Specializations:** Cardiovascular, immunological, neuromuscular, or pulmonary conditions.

**Preferred education:** Bachelor's degree in exercise science, exercise physiology, kinesiology, or movement science. A master's degree is valuable.

**Certification & licensing:** Certification is often required by employers. With additional certifications the young job seeker can get ahead and likely move into fitness-center or clinic management positions.

**Skills & knowledge:** Physical strength, motivating others, knowledge of human anatomy & physiology, knowledge of exercises & exercise equipment, designing a variety of exercise programs for all ages and abilities of clients.

**Where they work:** Fitness centers, athletic clubs, clinics, hospitals, physical therapy clinics, corporate fitness/wellness programs.

**Job outlook:** Fairly competitive; sports-related careers are extremely popular.

**Look for work:** Link to job banks and other job search resources.

**Earnings:** Usually in the \$35,000-\$45,000 range.

For additional information  
contact the:  
Department of Health,  
Physical Education and  
Recreation  
University of North  
Alabama  
UNA Box 5073  
Florence, AL 35632-0001  
Phone: 256/765-4377  
Fax: 256/765-4858



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