

## CLINICAL 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 111	4	*BI 102 OR 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 Human A&P II	4		
BI 241 Human A&P I	4	HPE 235 Medical Term	1		
HPE 360 Intro/Fit Test	3	300/400 PY/SO	3		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>14</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 353W Phys of Exer	3	HPE 410 Health Prom	3		
HPE 352 Kinesiology	3	HPE 420 Health & Aging	3		
HPE451 Applied Statistics	3	HPE 466 Legal Issues	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 378 OR 408 OR 422 OR 424 OR 450 OR 490	3	HPE 000 Sr. Portfolio	0		
		HPE 498 Internship	6		
HPE 403 Ess/Resist Train	3	HPE 496 Cardio Reh/ECG	3		
HPE 430 Beh Mod Interv	3	HPE496L Cardio Reh/ECG	1		
HPE 443 Mgmt of HPE	3	HPE 405 Ex Leadership	3		
HPE 494 Exer Rx/Mod Ris	3	<b>TOTAL</b>	<b>13</b>		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL PROGRAM</b>	<b>120</b>		

## EXERCISE SCIENCE CONCENTRATION

Exercise Science is a science-oriented concentration in the Department of Health Physical Education and Recreation. Opportunities for graduates include **Exercise Physiologist**, **Personal Trainer** or **Wellness** positions. This concentration is also a preferred choice of college preparation for entry into **Physical Therapy** and **Occupational Therapy** or **Exercise Science** graduate programs. **PT/OT** programs require Biology 111/112 (not 101/102).

**Exercise physiologists** in non-clinical settings, such as fitness centers, are usually generalists, working with diverse populations varying in fitness in individual or group settings. **Clinical exercise physiologists** specialize in exercise physiology with special attention to specific medical problems like cardiovascular, immunological, neuromuscular, or pulmonary conditions.

**What they do:** Variety of responsibilities associated with acute and chronic response to exercise training or physical work.

**Specializations:** Cardiovascular, immunological, neuromuscular, or pulmonary conditions, strength/conditioning, personal training.

**Preferred education:** Bachelor's degree in exercise science, exercise physiology, or kinesiology. Graduate degree and respected professional certifications significantly improves marketability.

**Certification & licensing:** Certification is often required/preferred by employers. Additional credentials/certifications enhance the potential for employment and/or advancement.

**Knowledge, Skills & Abilities:** In-depth understanding of the human anatomy and physiology including physical strength and cardiovascular endurance, behavior modification, knowledge of exercises & exercise equipment, training program design for all ages and abilities.

**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. Marketability significantly enhanced with certifications and graduate degree(s).

**Earnings:** Usually in the \$25,000-\$45,000 range. Highly dependent on location, education level and credentials.

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

Webpage: [www.una.edu/hper](http://www.una.edu/hper)



