

**PRE-PROFESSIONAL STUDIES
SUGGESTED FOUR YEAR SCHEDULE**

1 ST SEMESTER (FALL)		2 ND SEMESTER (SPRING)		1 ST 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		
TOTAL	16	TOTAL	16		

3 RD SEMESTER (FALL)		4 TH SEMESTER (SPRING)		2 ND 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		
		CIS 125	3		
TOTAL	16	TOTAL	17		

5 TH SEMESTER (FALL)		6 TH SEMESTER (SPRING)		3 RD SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 233 First Aid	3	HPE 401 OR SRM 444	3		
HPE 352 Kinesiology	3	HPE 402 Exer Rx/Healthy	3		
HPE 353W Phys of Exer	3	HPE 466 Legal Issues	3		
HPE 451 Applied Stats	3	CH 112 Gen Chem	3		
CH 111 Gen Chem	3	CH 112L Gen Chem Lab	1		
CH 111L Gen Chem Lab	1	HPE 450 OR 490 OR 494	3		
TOTAL	16	TOTAL	16	TOTAL	

7 TH SEMESTER (FALL)		8 TH SEMESTER (SPRING)		4 TH SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HEP 403 Ess/Resist Train	3	HPE 000 Sr. Portfolio	0		
HPE 430 Beh Mod Interv	3	HPE 498 Internship	6		
HPE 443 Mgmt of HPE	3	HPE 405 Ex Leadership	3		
PH 241 Gen Physics I	4	PH 242 Gen Physics II	4		
TOTAL	13	TOTAL	13		
		TOTAL PROGRAM	123		

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:

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