

Major: Exercise Science/Health Promotion (See Remarks)*
 College: Education
 Degree: Bachelor of Science or Bachelor of Science in Education
 Option/Tracks:
 Contact: Dr. Sue Graves
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PROGRAM OF STUDY AT THE COMMUNITY COLLEGE

Complete the A. A. degree at the community college. Some courses required for the major may also meet the General Education Requirements, thereby transferring maximum hours to the university.

If you transfer without an A. A. degree and have less than 60 semester hours of acceptable credit, you must meet the university’s entering freshmen requirements, including Act or SAT test scores and GPA.

Students are encouraged to complete the following required common prerequisites during the program of study at the community college.

(P*)	College Algebra (MAC 1105)	3
(P*)	Statistics (STA 2023)	3
(P*)	Anatomy and Physiology I with Lab (BSC 2085/L)	4
(P*)	Anatomy and Physiology II with Lab (BSC 2086/L)	4
(P*)	General Chemistry with lab (CHM 2045/L)	4
(P*)	Computer Information Systems (CGS 2000 or 1061)	3
(P*)	General Psychology (PSY 1012)	3
(P*)	Health, fitness for Life (HSC 2100)	2

(P*)=Students may be admitted to FAU upper-division without having completed this course; however, the course must be completed before a contract can be signed. Classes in programs are prerequisite driven.

ADMISSION REQUIREMENTS TO THE UNIVERSITY PROGRAM OF STUDY

Please be aware of the immunization, foreign language, and continuous enrollment policies of the university.

Meet CLAST requirements and have a minimum overall GPA of 2.0 or higher. Students must be programmed by an assigned advisor from the ESHP Program.

PROGRAM OF STUDY AT THE UNIVERSITY

It is recommended that you taken an unofficial transcript and college catalog of all institutions you have attended to your advising session. FAU Program (Semester Hours)

PROFESSIONAL EDUCATION IN ESHP

The following is the recommended sequence of classes for Exercise Science and Health Promotion Majors.

Courses with # - indicate that they have a prerequisite! Always check with an Exercise Science and Health Promotion Advisor.

First Semester: 16 Credit Hours

Intro to Exercise Science and Health Promotion	PET	3102	3 credits
# Perspective in Health and Wellness	HSC	3102	3 credits
# Exercise Physiology and Lab	PET	4351C/4351L	3 credits
# Exercise Leadership I	PET	3192	3 credits
Nutrition in Health and Exercise	PET	3361	3 credits

Second Semester: 16 Credit Hours

# Fitness Assessment and Exercise Prescription	PET	4551	3 credits
Advanced First Aid	HSC	3406	3 credits
# Kinesiology	PET	4330C	3 credits
# Exercise Leadership II	PEP	3136	3 credits
# Exercise Testing	PET	4550C	3 credits

Third Semester: 16 Credit Hours

# Motor Learning and Control	PET	3050	3 credits
# Health Promotion	HSC	4581	3 credits
# Management Principles in Exercise Science and Health Promotion	PET	4404	4 credits

Elective: Choose One (**Some classes have other prerequisites) 3 credits

PET	4552 – Exercise Testing and Prescription for Special Populations**		
PEP	4136 – Advanced Methods of Strength and Conditioning**		
PET	4628 – Advanced Care and Prevention of Athletic Injuries**		
PET	4402 – Exercise Programming for the Older Adult		
# Practicum	PET	4947	3 credits

Fourth Semester: 12 Credit Hours

# Internship – Permission required – All required classes must be completed!	PET	4946	9 credits
# Special Topics in Health – Choose one			3 credits
HSC	4170 – Stress Management		
HSC	4143 – Substance Abuse		
HSC	4139 – Weight Management		

Recommended Courses for Students Planning to Pursue Graduate Study in Exercise Science & Health Promotion:

Organic Chemistry w/lab
Biochemistry w/lab
General Physics I and II w/labs

TOTAL FAU SEMESTER HOURS**60**

Remarks:

The Exercise Science/Health Promotion Program is designed to prepare students for careers in Exercise Science and Health/Fitness Promotion. Upon completion of the program, students will be prepared to take the American College of Sports Medicine certification examination in the specialty area of health/fitness instructor or National Strength & Conditioning Association certifications: CSCS (Certified Strength & Conditioning Specialist) and NSCA (Certified Personal Trainer).

Career settings in which graduates of the Exercise Science Health Promotion program might find employment are: Corporate Fitness, Commercial Fitness, Hospital Wellness Centers and Cardiac Rehabilitation Programs, Country Clubs and Spa Centers, Resort and Cruise Industry, Athletic Training, Clinical Exercise Physiologist, Personal Trainer, Strength and Conditioning Specialist, Community Health Agencies, Gerontological Health Centers, and Community Recreation Agencies.

*Note: program located at the FAU Davie Campus.

Please visit the college of Education, Department of Exercise Science & Health Promotion home page on the World Wide Web at <http://www.fau.edu/divdept/exsci/homepage.htm> or the FAU home page at <http://www.fau.edu>.