

EXERCISE SCIENCE & HEALTH PROMOTION (2008 - 2009)

ENGLISH COMPOSITION (6 credits, two courses, must get a C or better)

ENC 1101	College Writing 1 (Gordon Rule Writing) (3 credits)
ENC 1102	College Writing 2 (Gordon Rule Writing) (3 credits)

MATHEMATICS (6 credits minimum, two courses from the following list) (Gordon Rule, must get a C or better)

Students must take math placement test before enrolling in course.

MAC 1105 (L)	College Algebra + Lab (3 credits) - REQUIRED
STA 2023 (L)	Introductory Statistics + Lab (3 cr.) - REQUIRED

SOCIAL SCIENCES (9 credits, 3 courses, from 3 disciplines) ♦

ANT 2000 (D)	Introduction to Anthropology + Discussion (3 credits) or
ANT 2410	Culture and Society (3 credits)

ECO 2023	Microeconomic Principles (3 credits) (sophomore standing is a prerequisite) or
ECO 2013	Macroeconomic Principles (3 credits) (sophomore standing is a prerequisite) or
ECP 2002	Contemporary Economic Issues (3 credits)

GEA 2000 (D)	World Geography + Discussion (3 credits)
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INR 2002	Introduction to World Politics (3 credits) or
POS 1041	The Government of the United States (3 credits)

PAD 2258	Changing Environment of Society, Business & Government (3 credits)
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PSY 1012	General Psychology (3 credits) REQUIRED (C or better)
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SYG 1000	Introductory Sociology (3 credits) or
SYG 2010	Social Problems (3 credits)

HUMANITIES (9 total credits, three Gordon Rule courses from two different departments) ♦

Choose **TWO** courses from **two** disciplines: (**Gordon Rule, C or better required**)

WOH 2012 (D)	History of Civilization + Discussion (3 credits)
PHI 2010 (D)	Introduction to Philosophy (3 credits + Discussion (3 credits))
LIT 2010	Interpretation of Fiction (3 credits)
LIT 2030	Interpretation of Poetry (3 credits)
LIT 2040	Interpretation of Drama (3 credits)

Choose **ONE** course from the following list.

ARC 2208	Culture and Architecture: The Master Builder (3 credits)
ARH 2000	Art Appreciation (3 credits)
DAN 2100	Appreciation of Dance (3 credits) Pass/Fail or Grade option
FIL 2000 (D)	Film Appreciation + Discussion (3 credits)
MUL 2010	History and Appreciation of Music (3 credits)
THE 2000	Appreciation of Theater (3 credits)

SCIENCE (12 credits from two different departments, at least one course with a lab, and at least one Biology course **C or better required**)

BSC 2085 & L	Anatomy and Physiology I with lab (4 credits, BIOLOGY) - REQUIRED
BSC 2086 & L	Anatomy and Physiology II with lab (4 credits, BIOLOGY) - REQUIRED
CHM 2045 & L	General Chemistry w/lab (4 credits) - REQUIRED

Additional Science course recommendations on the following page

Exercise Science/Health Promotion

FOREIGN LANGUAGE (0-8 credits, 0-2 courses college level credit same foreign language)
FOL/FRE/GER/GRE/GRK/HBR/ITA/JPN/LAT/SPN or other approved language (0 credits - BSE, 8 credits - BS).
For questions related to this requirement, consult an academic advisor.

NOTE: Native speakers of a foreign language must consult the Languages & Linguistics department

FOREIGN LANGUAGE REQUIRED FOR BS ONLY, NOT BSE, ALL students must meet the Foreign Language ADMISSION Requirement- see catalog.

LOWER DIVISION COLLEGE REQUIREMENTS (5 credits)

ISM 2000 + (L) Information Systems Fundamentals (3 credits) (MAC1105 is a prerequisite)
HSC 2100 Health & Fitness for Life (2 credits)

CLAST: Satisfy the College Level Academic Skills Test (CLAST)

♦ *NOTE: Honors Seminars SHALL BE ACCEPTED AS MEETING THE GORDON RULE WRITING REQUIREMENT. See the Freshman Academic Advising Services Office for details.*

MAJOR COURSES, IN/OUT OF COLLEGE REQUIREMENTS

RECOMMENDATIONS

Science (8 credits, 2 courses plus labs)

BCH _____ & L Biochemistry and Lab (4 credits) **and /or**

PHY _____ & L General Physics and Lab (4 credits)

Note: Both Biochemistry and General Physics are recommended for students planning on graduate study.

No upper division 4000-level Exercise Science/Health Promotion course may be taken until the student has earned 60 credit-hours, a minimum GPA of 2.0. Additionally, students are recommended to postpone 3000 level Upper Division requirements until they have earned 60 credit- hours. ES/HP classes need to be taken in sequence.

UPPER DIVISION- REQUIREMENTS

Prerequisites

FIRST SEMESTER - 16 CREDITS

Introduction to Exercise Science/Health Promotion	PET 3102	3	
Perspectives in Health/Wellness	HSC 3102	3	(HSC 2100)
Exercise Physiology	PET 4351	3	(BSC 2085/2086 & labs, CHM 2045&L)
Exercise Physiology Lab	PET 4351L	1	(co-requisite PET 4351)
Exercise Leadership I	PEP 3192	3	(HSC 2100, PSY1012)
Nutrition in Health and Exercise	PET 3361	3	

SECOND SEMESTER - 16 CREDITS

Fitness Assessment & Exercise Prescription	PET 4551	3	(HSC 2100, PET 4351)
Advanced First Aid*	HSC 3406	3	
<i>*(Should be taken in semester prior to PET4947 (Practicum in Exercise Science) to ensure CPR certification)</i>			
Kinesiology	PET 4330C	4	(BSC 2085/2086 & labs)
Exercise Leadership II	PEP 3136	3	(HSC 2100, PSY 1012)
Exercise Testing	PET 4550	3	(PET 4351, PEP 3192)

THIRD SEMESTER - 16 CREDITS

Motor Learning and Control	PET 3050	3	(BSC 2085/2086 & labs, PSY 1012)
Health Promotion	HSC 4581	3	(HSC 3102)
Mgmt. Principles in Exercise Science/Health Promotion	PET 4404	4	(PET 3102)
Practicum in Exercise Science/Health Promotion	PET 4947	3	(HSC 3406, PET 4351, PET 4550, PEP 3192, PEP 3136, PET 4551, PET4330)

PET Elective: Choose One of the following five classes:

Advanced Strength & Conditioning	PEP 4136	3	(PEP 3136, PET 4551, PET 4351)
Advanced Care & Prevention of Athletic Injuries	PET 4628	3	(PET 2622)
Exercise Programming in Older Adults	PET 4402	3	
Exercise Testing & Pres for Special Populations	PET 4552	3	(PET 4551, PET 4351, PET 4550, PEP3192)
Adapted Physical Education	PET4640C	3	(Junior status or higher)

FOURTH SEMESTER - 12 CREDITS

Internship (permission required & all required courses must be completed)
PET 4946 9

Special Topics: HSC Choose One of the following:

Stress Management	HSC 4170	3	(HSC 3102)
Substance Abuse	HSC 4143	3	(HSC 3102)
Weight Management	HSC 4572	3	(HSC 3102)

Exercise Science/Health Promotion Major

NOTE: To be admitted to the Exercise Science/Health Promotion program, students must do the following:
Meet the General Admission Requirements

1. Earn a minimum GPA of 2.0 or higher.
2. Complete or satisfy CLAST requirements.
3. Be programmed by an assigned advisor from the ESHP program.

CONSULT THE DEPARTMENT FOR OTHER REQUIREMENTS, particularly regarding graduate school preparation

36 - 44 credits	I.F.P. and Foreign Language Requirements (44 credits BS, 36 credits BSE)
12 credits	College Requirement (required sciences)
12 credits	Electives
<u>60 credits</u>	<u>Exercise Science & Health Promotion Major</u>
120 - 128 CREDITS	TOTAL

NOTE: See catalog for specific requirements, course descriptions, and additional information. The requirements for some Intellectual Foundations Program (I.F.P.) courses and other courses may be satisfied by passing the appropriate AP or CLEP exam. Check with your advisor or college.

The College of Education requires students to complete the last 30 credits as a College of Education student, with a minimum of 30 credits taken after final admission to the college. **Exercise Science/Health Promotion majors are required to have a C or better in all ESHP and all required prerequisite courses.** No major course can be taken pass/fail.

All course selections should be made in consultation with an advisor.

STUDENTS ASSUME ALL RESPONSIBILITY FOR MEETING ALL GRADUATION REQUIREMENTS.

Revised 05/08