

 FLORIDA ATLANTIC UNIVERSITY	NEW/CHANGE PROGRAM REQUEST Undergraduate Programs		UUPC Approval <u>3-29-21</u> UFS Approval _____ Banner Posted _____ Catalog _____
	Department Exercise Science and Health Promotion College Science		
Program Name Bachelor of Science in Exercise Science and Health Promotion		<input type="checkbox"/> New Program <input checked="" type="checkbox"/> Change Program	Effective Date (TERM & YEAR) Fall 2021
Please explain the requested change(s) and offer rationale below or on an attachment See attached explanation of changes.			
Faculty Contact/Email/Phone Michael Zourdos / mzourdos@fau.edu / 301-580-7536		Consult and list departments that may be affected by the change(s) and attach documentation	
Approved by Department Chair <u>Michael Whitehurst</u> College Curriculum Chair <u>Jerry Haky</u> College Dean <u>[Signature]</u> UUPC Chair <u>Jerry Haky</u> Undergraduate Studies Dean <u>Edward Pratt</u> UFS President _____ Provost _____		Date <u>3-2-21</u> <u>3-18-21</u> <u>3-24-2021</u> <u>3-29-21</u> <u>3-29-21</u> _____ _____	

Email this form and attachments to mjennning@fau.edu one week before the UUPC meeting so that materials may be viewed on the UUPC website prior to the meeting.

ESHP Course Name and Credit Hour Changes

We are proposing renaming some of our courses and minor changes to the number of credit hours in some courses which will better allow us to deliver the necessary material to our students in the B.S. in Exercise Science and Health Promotion. All requested changes below, for each track, as it pertains to the *current* ESHP program worksheet. And, the proposed work sheet is attached.

Course Change Requests (There is a course change form attached for each of these)

1. We request that students have the option to enroll in PET 4936 Internship for 3-9 credit instead of only 9 hours. If a student opts for less than 9 credit hours then they will need to take an elective(s) (upper level course(s)) to fulfill the rest of their credit hours.
2. We request that APK 4134 Exercise Physiology 2 be changed from 2 to 3 credit hours.
3. We request that APK 4110 Exercise Physiology be renamed “Exercise Physiology 1”
4. We request that APK 4110L Exercise Physiology Lab be renamed “Exercise Lab Techniques”
5. We request that the name of PET 3102 Introduction to ESHP be changed to “Introduction to Health and Exercise Science”

Courses Added to and Removed from Required List Compared to the Current Program Worksheet

Required Courses Added

1. No requested changes in this regard.

Required Courses Removed

2. PET 4550L

Courses Added to Elective List

3. None

Courses Removed from Elective List

1. PET 4330C Kinesiology
2. PEP 3136 Exercise Leadership 2
3. PET 4551 Fitness Assessment

**Bachelor of Science (B.S.)
with Major in Exercise Science and Health Promotion**

To be eligible for the B.S., all Exercise Science and Health Promotion majors must complete all ESHP upper division and prerequisite courses with a grade of "C" or better. Upon completion of the Exercise Science and Health Promotion baccalaureate program, students will be prepared to take the American College of Sports Medicine examination for the Certified Exercise Physiologist (EP) and the National Strength and Conditioning Association examination for Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT).

General Admission Requirements

1. Satisfy all University and program entrance requirements;
2. Satisfy the Intellectual Foundations Program requirements;
3. Meet with your assigned ESHP advisor each semester.

Prerequisite Coursework for Transfer Students

Students transferring to Florida Atlantic University must complete both lower-division requirements (including the requirements of the Intellectual Foundations Program) and requirements for the college and major. Lower-division requirements may be completed through the A.A. degree from any Florida public college, university or community college or through equivalent coursework at another regionally accredited institution. Before transferring and to ensure timely progress toward the baccalaureate degree, students must also complete the prerequisite courses for their major as outlined in the [Transition Guides](#).

All courses not approved by the Florida Statewide Course Numbering System that will be used to satisfy requirements will be evaluated individually on the basis of content and will require a catalog course description and a copy of the syllabus for assessment.

Undergraduate Program Lower-Division Requirements

Students planning on majoring in Exercise Science and Health Promotion can satisfy some University and general education requirements while simultaneously satisfying ESHP program requirements. All prerequisite courses require a grade of "C" or better. The following prerequisites or their equivalents are required for all ESHP majors:

Prerequisite Courses Required		
Health, Fitness for Life	HSC 2100	2
First Aid and CPR	HSC 2400	2
Mathematics		
College Algebra	MAC 1105	3
Information Systems Fundamentals	ISM 2000	3
Introductory Statistics	STA 2023	3
Social Sciences		
General Psychology	PSY 1012	3
Sciences (Natural)		3
Anatomy/Physiology 1 and 2 (including labs)		8
General Chemistry 1 (including lab)		4
PEM/PEN courses (2 separate) 1 to 2 credits each		

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

Upper-Division Requirements		
Third Year Fall Semester (16 credits)		
Introduction to Exercise Science and Health Promotion	PET 3102	3

Exercise Physiology 1	APK 4110	3
Exercise Lab Techniques	APK 4110L	1
Neurophysiology of Human Movement	PET 3050	3
Nutrition in Health and Exercise	PET 3361	3
Perspectives in Health	HSC 3102	3
Spring Semester (17 credits)		
Exercise Testing and Prescription	PET 4550	4
Exercise Testing Lab	PET 4550L	4
Biomechanics	PET 4340C	4
Applications of Training Physiology 1	PEP 3192	3
Exercise Physiology 2	APK 4134	2 3
Health Promotion	HSC 4581	3
Fourth Year Fall Semester (15 credits)		
Electives (4)*		12
Applications of Training Physiology 2	PEP 4138	3
Spring Semester (12 credits)		
Internship (permission required and all required courses must be completed)	PET 4946	9 3-9
Elective		3
*Electives - Select five from the following:		
Biological Principles	BSC 1010	3
Biodiversity	BSC 1011	3
General Chemistry 2	CHM 2046	3
Organic Chemistry 1	CHM 2210	3
Organic Chemistry 2	CHM 2211	3
Psychopathology	CLP 4144	3
Psychology of Human Development	DEP 3053	3
Health Care Medical Terminology	HSA 3534	3
Stress Management	HSC 4104	3
Sexual Health Peer Education	HSC 4133	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Methods of Calculus	MAC 2233	3
Genetics	PCB 3063	4
Exercise Leadership-2	PEP 3136	3
Tactical Strength and Conditioning	PET 4093	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Kinesiology	PET 4330C	4
Management Principles in Exercise Science and Health Promotion	PET 4404	3
Fitness Assessment and Exercise Prescription	PET 4551	3
Directed Independent Study (faculty supervision required)	PET 4905	3

Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3
College Physics 1	PHY 2053	3
College Physics 2	PHY 2054	3
Sociological Perspectives	SYG 1000	3



General Advice

1. Meet with an ESHP-assigned advisor at least once each semester.
2. Work with your ESHP advisor to complete and sign an official plan of study, "the contract" after meeting foreign language and Writing Across Curriculum (Gordon Rule) requirements; after receiving the College of Education welcome letter; and after attaining a "C" or better in all prerequisite courses for the ESHP program.
3. Student must have current student professional liability insurance during the internship. See internship coordinator for specific information.

Program Completion Criteria

Students who elect to fulfill the University foreign language requirement in addition to the ESHP requirements will receive a Bachelor of Science (B.S.) degree. To be eligible for graduation, the student must satisfy all University, College, department and program requirements and complete the ESHP upper-division requirements and prerequisite courses with a grade of "C" or better in each course.