

## **A Description of the UG Committee's Recommendations**

*\*\*There are NO changes to the Pre-Professional Requirements\*\**

### **SEMESTER 1**

1. HSC 4581 Health Promotion has been moved out of Semester 1.
2. HSC 3102 Perspectives in Health and Wellness has been moved from an elective course to a required course and has been placed in Semester 1.

### **SEMESTER 2**

1. PEP 3192 Leadership 1 has a name change to PEP 3192 "Applications of Training Physiology 1"
2. PEP 3136 Leadership 2 is no longer a required course
3. The new course, APK 4xxx "Exercise Physiology 2" is now in Semester 2.
4. PET 4551 Fitness Assessment & Exercise Prescription is no longer a required course
5. PET 4550 Exercise Testing has been increased from 3 credit hours to 4 credit hours and has a name change to Exercise Testing and Prescription
6. PET 4330C Kinesiology is no longer a required course
7. PET 4340C Biomechanics has been moved from an elective to a required course and has been changed from 3 credit hours to 4 credit hours.
8. HSC 4581 Health Promotion has been added to Semester 2 (moved from semester 1)

### **SEMESTER 3**

1. The course PEP 4138 Advanced Methods of Strength and Conditioning has had its name changed to "Applications of Training Physiology 2"

### **SEMESTER 4**

1. The course PET 4404 Management Principles in ESHP has been moved out of semester 4 and is now an elective.
2. An additional "Elective" has been added to semester 4 to in essence replace PET 4404 Management Principles in ESHP.

**Courses Removed from Required List and Offered as Electives**

PEP 3136 Leadership 2  
PET 4404 Management Principles in ESHP  
PET 4330C Kinesiology

Current catalog table

<b>Upper division requirements</b>		
<b>Third Year Fall Semester (16 credit hours)</b>		
Introduction to Exercise Science and Health Promotion	PET 3102	3
Exercise Physiology	APK 4110	3
Exercise Physiology Lab	APK 4110L	1
Neurophysiology of Human Movement	PET 3050	3
Nutrition in Health and Exercise	PET 3361	3
Elective*		3
<b>Third Year Spring Semester (17 credit hours)</b>		
Exercise Testing	PET 4550	3
Fitness Assessment and Exercise Prescription	PET 4551	3
Exercise Testing Lab	PET 4550L	1
Kinesiology	PET 4330C	4
Exercise Leadership 1	PEP 3192	3
Exercise Leadership 2	PEP 3136	3
<b>Fourth Year Fall Semester (15 credit hours)</b>		
Electives (3)*		9
Advanced Methods in Strength and Conditioning	PEP 4138	3
Health Promotion	HSC 4581	3
<b>Fourth Year Spring Semester (12 credit hours)</b>		
Internship (permission required and all required courses must be completed)	PET 4946	9
Management Principles in Exercise Science and Health Promotion	PET 4404	3
*Electives - Select four from the following: Students may select electives from within and/or outside the department. Please consult the ESHP advisor prior to selecting electives outside the department. Below are suggested electives within the department.		
Perspectives in Health	HSC 3102	3
Stress Management	HSC 4104	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Tactical Strength and Conditioning	PET 4093	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Biomechanics	PET 4340C	3
Directed Independent Study ( <i>faculty supervision required</i> )	PET 4905	3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3

Yellow highlight represents changes to catalog table

<b>Upper division requirements</b>		
<b>Third Year Fall Semester (16 credit hours)</b>		
Introduction to Exercise Science and Health Promotion	PET 3102	3
Exercise Physiology	APK 4110	3
Exercise Physiology Lab	APK 4110L	1
Neurophysiology of Human Movement	PET 3050	3
Nutrition in Health and Exercise	PET 3361	3
Perspectives in Health	HSC 3102	3
<b>Third Year Spring Semester (17 credit hours)</b>		
Exercise Testing and Prescription	PET 4550	4
Exercise Testing Lab	PET 4550L	1
Biomechanics	PET 4340C	4
Applications of Training Physiology I	PEP 3192	3
Exercise Physiology II	APK 4xxx	2
Health Promotion	HSC 4581	3
<b>Fourth Year Fall Semester (15 credit hours)</b>		
Electives (4)*		12
Applications of Training Physiology II	PEP 4138	3
<b>Fourth Year Spring Semester (12 credit hours)</b>		
Internship (permission required and all required courses must be completed)	PET 4946	9
Elective		3
*Electives - Select five from the following: Students may select electives from within and/or outside the department. Please consult the ESHP advisor prior to selecting electives outside the department. Below are suggested electives within the department.		
Management Principles in ESHP	PET 4404	3
Fitness Assessment & Exercise Testing	PET 4551	3
Stress Management	HSC 4104	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Tactical Strength and Conditioning	PET 4093	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Kinesiology	PET 4330C	4
Directed Independent Study ( <i>faculty supervision required</i> )	PET 4905	3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3