

Exercise & Sport Physiology: 3+2 Option

First Year		Second Year		Third Year***		Fourth Year		Gen Ed Perspectives	
EX 2755 Intro to Exercise Science 3	Professional Skills Course* 1.5	PE 3570 Kinesiology 3	EX 3580 Exercise Physiology 3	PE 3720 Motor Learning 3	EX 4520 P&T of S&C 3	EX 5210 Advanced Exercise Physiology 3	Capstone EX 5410 Applied Research 4		Students can move these around into any Gen Ed block.
IS 1115 Tackling a Wicked Problem 4	MA 2300 Stats (Math Foundations) 3	CH 2335 General Chemistry I (QRCO) 4	EX 3750 Exercise Physiology Lab 1	EX 3860 Exercise Testing & Prescription 3	EX 4525 P&T of S&C Lab 1	EX 5220 Advanced Exercise Physiology Lab 1	EX 5520 Advanced Exercise Testing & ECG 4		Need total of 16 credits Directions <u>Self and Society (SSDI)</u> 3-6
EN 1200 English Composition 4	BI 2120 Anatomy & Physiology II 3	General Education** CTDI 3-4	CH 2340 General Chemistry II (QRCO) 4	EX 3865 Exercise Testing & Prescription Lab 1	EX 4760 Exercise Physiology for Special Populations 3	EX 4840 Research Methods in Exercise Science (WRCO) 3	EX 5730 Advanced Topics in Exercise Physiology 4		Past and Present (PPDI) 3-6
BI 2110 Anatomy & Physiology I 3	BI 2140 Anatomy & Phys II Lab 1	General Education** CTDI or PPDI or SSDI 3-4	HE 2500 First Aid & CPR/AED 1.5	General Education (DICO) 3	Psychology option: PBH 3200 Social & Behavioral Health Psychology (INCO)**** 4	EX 5500 Graduate Seminar in Exercise Science 3	EX 5700 Advanced Practicum in Exercise Science I 4		Creative Thought (CTDI) 3-6
BI 2130 Anatomy & Phys I Lab 1	General Education** SSDI 3-4	Professional Skills Course* 1.5	General Education** CTDI or PPDI or SSDI or Elective 3	General Education** CTDI or PPDI or SSDI or Elective 3	General Education (GACO) 3	EX 5610 Advanced Strength & Conditioning 4			Diversity (DICO) 3 Wellness (WECO) 3
	General Education** PPDI 3-4		General Education (WECO) 3	HE 3220 Applied Nutrition 3					Integrative (INCO) 3
15	14.5-16.5	14.5- 16.5	15.5	16	14	14	16		= 120

*Professional skills courses: PE 2428 Flexibility, Core, and Balance (falls and springs), PE 2525 Group Exercise Leadership (springs), PE 2640 Burdenko (springs only), PE 2740 Water Exercise Techniques (falls and springs), PE 2831 Resistance Training Techniques (falls and springs).

**General Education Directions: students need one each of SSDI, CTDI, and PPDI AND 16 TOTAL credits (e.g. students may complete this requirement with four 4-credit courses).

***Students must complete 90 credits by the end of their third year.

****Students have two choices for their psychology option: PBH 3200 Social & Behavioral Health Psychology. This course also serves as the INCO for the major. This choice is depicted in the plan above. CC 3860 Psychological Aspects of Sport (springs, odd years). Selection of this course would require students to also complete an INCO to satisfy their general education requirements.