

APPLIED EXERCISE SCIENCE: PRE-PROFESSIONAL, BS

Example Plan of Study

Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

Course	Title	Hours
Freshman		
Fall		
ENGL 1113 or ENGL 1313	Composition I or Critical Analysis and Writing I	3
MATH 1513 or MATH 1613	College Algebra (A) or Trigonometry (A)	3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
HHP 1703	Introduction to Exercise Science	3
UNIV 1111	First Year Seminar	1
Hours		14
Spring		
ENGL 1213 or ENGL 1413 or ENGL 3323	Composition II or Critical Analysis and Writing II or Technical Writing	3
POLS 1113	American Government	3
CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
NSCI 2013	Principles of Human Nutrition (N)	3
EDHS 1111	First Year Seminar Supplement	1
Hours		14
Sophomore		
Fall		
HIST 1103 or HIST 1483 or HIST 1493	Survey of American History or American History to 1865 (H) or American History Since 1865 (DH)	3
CHEM 1225 or CHEM 1515	Chemical Principles II (LN) or Chemistry II (LN)	5
STAT 2013 or STAT 2023 or STAT 2053	Elementary Statistics (A) or Elementary Statistics for Business and Economics (A) or Elementary Statistics for the Social Sciences (A)	3
Course designated (A), (H), (N) or (S)		3
Hours		14
Spring		
PHYS 1114	College Physics I (LN)	4
HHP 2654	Applied Anatomy	4
Course Designated (H)		3
3 Hours of Elective		3
HHP 2802	Medical Terminology for the Health Professions	2
Hours		16
Junior		
Fall		
CHEM 3013	Survey of Organic Chemistry	3
CHEM 3012	Survey of Organic Chemistry Laboratory	2
BIOL 1604	Animal Biology	4
HHP 2553	Basic Athletic Injury Management	3

4 Hours Electives		4
Hours		16
Spring		
BIOL 3204	Physiology	4
Course Designated (A), (H), (N) or (S)		3
HHP 3663	Biomechanics	3
HHP 3114	Physiology of Exercise	4
Course Designated (S)		3
Hours		17
Senior		
Fall		
HHP 4013	Motor Control and Learning	3
HHP 3123 or HHP 4124	Principles of Personal Training or Principles of Strength and Conditioning	3
HHP 4773	Principles of Exercise Testing and Prescription	3
BIOC 3653	Survey of Biochemistry	3
Course designated (H)		3
Hours		15
Spring		
HHP 4480	Internship in Health and Human Performance	5
Course designated (A), (H), (N), or (S)		2
NSCI 4133	Nutrition for Exercise and Sport	3
4 Hours of Elective		4
Hours		14
Total Hours		120