

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 (Q) or Trigonometry (Q)	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
Hours		13
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
STAT 2013 or STAT 2023 or STAT 2053	Elementary Statistics (Q) or Elementary Statistics for Business and Economics (Q) or Elementary Statistics for the Social Sciences (Q)	3
Course designated (H)		3
Approved Elective Course		5
EDHS 3111	Preparing for Your Future Career	1
Hours		15
Spring		
HHP 2654	Applied Anatomy	4
Course Designated (H)		3
3 Hours of Elective		3
Approved Elective Course		4
HHP 3133	Ergogenic Aids for Sports and Human Performance	3
Hours		17
Junior		
Fall		
HHP 2553	Basic Athletic Injury Management	3
Approved Elective Course		3
Approved Elective Course		2
Approved Elective Course		4

Course designated (D)		3
Hours		15
Spring		
BIOL 3203	Physiology	3
BIOL 3201	Physiology Lab	1
HHP 3114	Physiology of Exercise	4
HHP 3664	Biomechanics	4
Course Designated (S)		3
Hours		15
Senior		
Fall		
HHP 4124	Principles of Strength and Conditioning	4
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
Course designated (G)		3
Course designated (Q, H, N, S, D, G, or F)		2
Approved Elective Course		4
Hours		16
Spring		
NSCI 4133	Nutrition for Exercise and Sport	3
HHP 4480	Internship in Health and Human Performance	5
HHP 4013	Motor Control and Learning	3
Approved Elective Course		4
Hours		15
Total Hours		120