

APPLIED EXERCISE SCIENCE: SPORT AND COACHING SCIENCE, 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
Course designated (D)		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
Course Designated (H)		3
MATH 1513	College Algebra (Q)	3
NSCI 2013	Principles of Human Nutrition (N)	3
Hours		15
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
Course Designated (H)		3
HHP 3133	Ergogenic Aids for Sports and Human Performance	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
Controlled Elective Course		3
EDHS 3111	Preparing for Your Future Career	1
Hours		16
Spring		
PSYC 1113	Introductory Psychology (S)	3
HHP 3333	Ethics in Sports Administration and Coaching	3
HHP 2654	Applied Anatomy	4
Controlled Elective Course		3
Controlled Elective Course		3
Hours		16
Junior		
Fall		
HHP 3553	Theory and Practice of Coaching	3

HHP 2553	Basic Athletic Injury Management	3
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
Controlled Elective Course		3
HHP 3664	Biomechanics	4
Hours		16
Spring		
HHP 3114	Physiology of Exercise	4
Controlled Elective Course		3
Controlled Elective Course		3
Course designated (N)		4
Hours		14
Senior		
Fall		
HHP 4124	Principles of Strength and Conditioning	4
Controlled Elective Course		3
Controlled Elective Course		3
Course Designated (G)		3
HHP 4774	Principles of Exercise Testing and Prescription	4
Hours		17
Spring		
NSCI 4133	Nutrition for Exercise and Sport	3
HHP 4960	Internship in AES: Sport and Coaching Science	5
Controlled Elective Course		1
HHP 4013	Motor Control and Learning	3
Hours		12
Total Hours		120