

# APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, 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
<b>Freshman</b>		
<b>Fall</b>		
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
<b>Hours</b>		<b>14</b>
<b>Spring</b>		
ENGL 1213 or ENGL 1413 or ENGL 3323	Composition II or Critical Analysis and Writing II or Technical Writing	3
NSCI 2013	Principles of Human Nutrition (N)	3
POLS 1113	American Government	3
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 (H)		3
EDHS 1111	First Year Seminar Supplement	1
<b>Hours</b>		<b>16</b>
<b>Sophomore</b>		
<b>Fall</b>		
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 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
Course designated (H)		3
Controlled Elective Course <sup>1</sup>		3
Controlled Elective Course		3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
PSYC 1113	Introductory Psychology (S)	3
Controlled Elective Course		3
Course designated (A), (H), (N), or (S)		3
HHP 2654	Applied Anatomy	4
Controlled Elective Course		3
<b>Hours</b>		<b>16</b>

### Junior

#### Fall

HHP 2553	Basic Athletic Injury Management	3
HHP 3443	Psychosocial Aspects of Sport and Coaching	3
HHP 3663	Biomechanics	3
Controlled Elective Course <sup>1</sup>		3
Controlled Elective Course		3
<b>Hours</b>		<b>15</b>

#### Spring

HHP 3114	Physiology of Exercise	4
BIOL 3204	Physiology	4
Controlled Elective Course <sup>1</sup>		3
HHP 3133	Ergogenic Aids for Sports and Human Performance	3
<b>Hours</b>		<b>14</b>

### Senior

#### Fall

HHP 4124	Principles of Strength and Conditioning	4
HHP 4013	Motor Control and Learning	3
Course designated (A), (H), (N), or (S)		2
Controlled Elective Course		3
Controlled Elective Course		3
<b>Hours</b>		<b>15</b>

#### Spring

HHP 4480	Internship in Health and Human Performance	5
NSCI 4133	Nutrition for Exercise and Sport	3
Controlled Elective Course <sup>1</sup>		3
Controlled Elective Course <sup>1</sup>		3
<b>Hours</b>		<b>14</b>
<b>Total Hours</b>		<b>120</b>