APPLIED EXERCISE SCIENCE: STRENGTH AND CONDITIONING, BS

Example Plan of Study

Title

Finish in Four Plan of Study

Course

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.

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	Introductory Biology (N)	4
& BIOL 1111 or BIOL 1114	or Introductory Biology (LN)	
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
NSCI 2013	Principles of Human Nutrition (N)	3
POLS 1113	American Government	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
	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
CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
Course designated (H)		3
Controlled Elective Course	· ¹	3
EDHS 3111	Preparing for Your Future Career	1
	Hours	14
Spring		
Spring PSYC 1113	Introductory Psychology (S)	3
		3
PSYC 1113		
PSYC 1113 Controlled Elective Course		3
PSYC 1113 Controlled Elective Course Course designated (D)	Applied Anatomy	3
PSYC 1113 Controlled Elective Course Course designated (D) HHP 2654	Applied Anatomy	3 3 4
PSYC 1113 Controlled Elective Course Course designated (D) HHP 2654	Applied Anatomy	3 3 4 3
PSYC 1113 Controlled Elective Course Course designated (D) HHP 2654 Controlled Elective Course	Applied Anatomy	3 3 4 3

HHP 3443 Psychosocial Aspects of Sport and Coaching HHP 3663 Biomechanics Controlled Elective Course Hours Spring HHP 3114 Physiology of Exercise BIOL 3204 Physiology Controlled Elective Course HHP 3133 Ergogenic Aids for Sports and Human Performance Controlled Elective Course Hours Senior Fall HHP 4124 Principles of Strength and Conditioning HHP 4013 Motor Control and Learning Course designated (G) Controlled Elective Course Hours Spring NSCI 4133 Nutrition for Exercise and Sport HHP 4980 Internship in AES: Strength and Conditioning Controlled Elective Course Controlled Elective Course Internship in AES: Strength and Conditioning Controlled Elective Course Controlled Elective Course Hours HHP 4980 Internship in AES: Strength and Conditioning Controlled Elective Course Controlled Elective Course Hours	T	otal Hours	120
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HHP 3663 Biomechanics Controlled Elective Course ¹ Controlled Elective Course ¹	•	Physiology of Exercise	4
HHP 3663 Biomechanics Controlled Elective Course ¹	н	lours	15
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	ntrolled Elective Course 1		3
HHP 3443 Psychosocial Aspects of Sport and Coaching	IP 3663 B	Biomechanics	3
	IP 3443 P	Psychosocial Aspects of Sport and Coaching	3