

EXERCISE SCIENCE (B.S., HUMAN PERFORMANCE OPTION)

Integrative Studies Requirements

40 credits minimum

Code	Title	Credits	Completed
Major Requirements (68 credits)			
<i>Allied Requirements:</i>			
MATH-111	Applied College Algebra	4	_____
INCHEM-100	Introduction to Chemistry	4	_____
INHP-220	Physical Activity and Disease	4	_____
<i>And</i>			
BIO-230	Human Anat & Phys I	4	_____
BIO-332	Human Anat & Phys II	4	_____
<i>Competency Requirement for Exercise Science</i>			
All students majoring in Exercise Science are required to be certified in Standard First Aid and CPR/AED for courses marked with a ¹ .			
Exercise Science Core Requirements			
HPEX-250	Intro to Exercise Science	4	_____
HP-300	Applied Kinesiology	4	_____
HP-301	Physiology of Exercise	4	_____
HPEX-332	Exer Test & Program ¹	4	_____
HPEX-335	Adv Strength & Conditioning ¹	4	_____
HP-344	Sports Nutrition	4	_____
HPEX-372	Prac: Exercise Leadership ^{1,2}	4	_____
HPEX-492	Exercise Science Seminar ²	4	_____
<i>Human Performance Option Requirements</i>			
HP-210	Principles of Coaching	4	_____
HPEX-371	Str & Conditioning Practicum	4	_____
HP-444	Sports & Rec. Administration	4	_____

IIHP-310	Psycho-Social Aspects of Sport	4	_____
Total Credits		68	_____

- ¹ Students are required to be certified in Standard First Aid and CPR/AED.
- ² Enrollment in upper-level practicum coursework: HPEX-372, HP-472, and HPEX-492 requires the following:
- Earned grade of C or better in required Exercise Science courses.
 - Maintain a cumulative and major GPA of 2.5.
 - Current certification in Adult CPR & First Aid.

Electives

HP-472 Externship: Pre-requisite course includes successfully completing a Practicum course within the discipline. Because of the on campus and off campus experiences/placements, students must request through their advisor a desire to enroll in Externship to ensure HPMS faculty secure an externship opportunity. Students enrolling in HP-472 Externship must work with the Externship instructor prior to the semester to find a placement that matches the strengths of the student with the placement site.

Students interested in Physical Therapy, Occupational Therapy, or Athletic Training will be advised to take open elective courses that fulfill graduate school prerequisites.

Electives

Students must select courses to reach a minimum total of 120 credits for the degree.

Degree Requirements

120 credits

40 credits at upper-level