EXSS Exercise Physiology Checklist

General Education Requirements

ENG 1050 Composition I
ENG 1060 Composition II

Humanities – Choose 1 from each category below

1. Fine Arts (ART 1450, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE 2500)
2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2180, 2200, 2230, 2240, 2410, 2470, 2480)
3. History (HST 1010, 1020, 1030, 1100, 1110, 1140, 1150)
4. Religion or Philosophy (REL 1080, 1300; PHI 1000, 1010, 2040, 2070)

Social Sciences – Choose any 3 of the 5 below

1. Economics (ECN 1000, 2020, 2030, 2410)
2. Geography (GGY 1010, 1020, 2000, 2060)
3. Political Science (PLS 1000, 1010)
4. Psychology (PSY 1010)
5. Sociology (SOC 1020, 1050, 2090)

Natural Sciences – Choose any 2 of the 4 below

1. Biology (BIO 1000, 1030, 1060; ENV 1100)
2. Chemistry (CHM 1300, 1400)
3. Geology (GLY 1150, 2460)
4. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000)

Math Requirement – Choose One

MAT 1050, 1070, 1080, 1090, 2150, 2210

PE 1-Hour Activity Requirements

1.
2.

General Education Electives (see back page)

1. ___________________________ (3)
2. ___________________________ (3)
3. UNV 1000 (1)

Total General Education Hours = 45

EXSS Core Requirements

HHP 3270 Creating Funding (1)
HHP 4000 Research in HHP (3)
HHP 4030 Facilities Design in HHP (1)
HHP 4990 Internship (6)

All EXSS majors must pass the HHP Department's Water Survival Test (WST) as a requirement of graduation

Exercise Physiology Requirements

EXPH 2100 Anatomy and Physiology I (3)
EXPH 2110 Anatomy and Physiology I Lab (1)
EXPH 2200 Anatomy and Physiology II (3)
EXPH 2210 Anatomy and Physiology II Lab (1)
EXPH 3400 Sport and Exercise Psychology (3)
EXPH 3450 Kinesiology (3)
EXPH 3460 Kinesiology Lab (1)
EXPH 3500 Motor Behavior (3)
EXPH 3510 Motor Behavior Lab (1)
EXPH 4100 Biomechanics (3)
EXPH 4110 Biomechanics Lab (1)
EXPH 4120 Exercise Physiology (3)
EXPH 4130 Exercise Physiology Lab (1)
EXPH 4200 Advanced Exercise Rx (3)
HLTH 1060 Safety and First Aid (1)
HLTH 2100 Nutrition (3)
HLTH 3770 Drugs and Society (3)
RSA 4000 Therapeutic Recreation (3)

Departmental Elective – Choose One

HHP 4160 Leadership in HHP (3)
HLTH 4100 Health/Fitness Behavior Changes (3)

Free Electives = 19 hours
(See reverse for elective hours worksheet)

Total General Education Hours = 45
Total Degree Hours = 120