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, 2190, 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)

__HON 1000 & 2750 may be used for 2 courses (Honors students only)

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)

__HON 1510 may be used in place of one natural science course (Honors students only)

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)
__UNV 1000 (1)

Total General Education Hours = 45

EXSS Core Requirements

__HHP 3270 (HPER 3270) Creating Funding (1)
__HHP 4000 Research in HHP (3)
__HHP 4030 (PED 4030) Facilities Design (1) WE
__HHP 4990 (HPER 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 (PED 3490) 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 (PED) 3400 Sport and Exercise Psychology (3)
__EXPH 3450 (PED 3480) Kinesiology (3)
__EXPH 3460 Kinesiology Lab (1)
__EXPH 3500 Motor Behavior (3)
__EXPH 3510 Motor Behavior Lab (1)
__EXPH 4100 (PED 4110) Biomechanics (3)
__EXPH 4110 Biomechanics Lab (1)
__EXPH 4120 (PED 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) WE
__RSA 4000 (REC 4000) Therapeutic Recreation (3)

Free Electives = 19 hours

Total Degree Hours = 120