**Exercise and Sports Science Exercise Physiology 2019-2020**

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| **Freshman Year** |
| **Fall** | **Spring** |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | UNV 1000 | Freshman Seminar | 1 |  | ENG 1060 | Composition II | 3 |
|  | ENG 1050 | Composition I | 3 |  | General Education | Social Science | 3 |
|  | MAT 1070 | College Algebra  | 3 |  | EXPH 2100 | Anatomy and Physiology I | 3 |
|  | General Education  | Social Science  | 3 |  | EXPH 2110 | Anatomy and Physiology I Lab  | 1 |
|  | General Education  | Natural Sciences  | 3 |  | General Education  | Elective  | 3 |
|  | General Education  | Fine Art  | 3 |  | General Education  | Physical Education  | 1 |
|  |  |  |  |  | HLTH 1060 | Safety and First Aid | 1 |
| **Total Credits**  | 16 |  | **Total Credits**  | 15 |

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| **Sophomore Year** |
| **Fall** | **Spring** |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | EXPH 2200 | Anatomy and Physiology II | 3 |  | General Education  | Philosophy and Religion  | 3 |
|  | EXPH 2210 | Anatomy and Physiology II Lab  | 1 |  | University Wide Elective |  | 3 |
|  | General Education  | Natural Sciences  | 3 |  | EXPH 3450 | Kinesiology  | 3 |
|  | General Education  | Social Science  | 3 |  | EXPH 3460 | Kinesiology Lab | 1 |
|  | General Education  | History  | 3 |  | EXPH/PED 3400 or RSA 4000 | Sports Psychology or Intro to Therapeutic Rec | 3 |
|  | General Education  | Physical Education  | 1 |  | General Education  | Literature | 3 |
| **Total Credits** | 14 |  | **Total Credits** | 16 |

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| **Junior Year** |
| Fall | Spring |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | EXPH 4100 | Biomechanics  | 3 |  | HHP 3270  | Creating Funding  | 1 |
|  | EXPH 4110 | Biomechanics Lab | 1 |  | EXPH/PED 3400 or RSA 4000 |  | 3 |
|  | HLTH 2100 | Applied Nutrition  | 3 |  | EXPH 4120  | Exercise Physiology | 3 |
|  | EXPH 3500 | Motor Behavior  | 3 |  | EXPH 4130 | Exercise Physiology Lab | 1 |
|  | EXPH 3510 | Motor Behavior Lab  | 1 |  | HHP 4030 | Facility Design  | 3 |
|  | University Wide Elective |  | 3 |  | University Wide Elective |  | 3 |
|  | University Wide Elective |  | 2-3 |  | University Wide Elective |  | 2-3 |
| **Total Credits** | 16-17 | **Total Credits** | 16-17 |

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| **Senior Year** |
| **Fall** | **Spring** |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | HLTH 3770  | Drugs and Society  | 3 |  | HHP 4990 | Internship  | 6 |
|  | HHP 4000 | Research in HHP | 3 |  | HHP 4100 or HHP 4160 | Health/ Fitness Behavior Changes or Leadership in Health and Human Performance  | 3 |
|  | EXPH 4200 | Advanced Exercise Prescription  | 3 |  | University Wide Elective  |  | 3 |
|  | General Education  | Elective | 3 |  |  |  |  |
|  | University Wide Elective |  | 3 |  |  |  |  |
| **Total Credits** | 15 | **Total Credits** | 12 |