**Exercise and Sports Science Exercise Physiology 2020-2021**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |