**Exercise and Sports Science Exercise Physiology Pre-Athletic Training 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 |  | BIO 1000 | Principles of Biology | 3 |
|  | MAT 1070 | College Algebra | 3 |  | BIOL 1000 | Laboratory Investigation and Experiences in General Biology | 1 |
|  | SOC 1020, SOC 1050 or SOC 2090 | Social Science | 3 |  | General Education | History | 3 |
|  | General Education | Social Science | 3 |  | PSY 1010 | Introduction to Psychology | 3 |
|  | General Education | Fine Art | 3 |  | General Education | Elective—Not NS&M | 3 |
| **Total Credits** | | | 16 |  | **Total Credits** | | 16 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sophomore Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | EXPH 2100 or **BIO 2110** | Anatomy and Physiology I | 3-4 |  | EXPH 2200 or **BIO 2120** | Anatomy and Physiology II | 3-4 |
|  | EXPH 2110 or **BIO 2110 Lab** | Anatomy and Physiology I Lab | 0-1 |  | EXPH 2210 or **BIO 2120 Lab** | Anatomy and Physiology II Lab | 0-1 |
|  | EXPH 3400 | Sports Psychology | 3 |  | EXPH 3450 | Kinesiology | 3 |
|  | HLTH 1060 | Safety/First Aid | 1 |  | EXPH 3460 | Kinesiology Lab | 1 |
|  | General Education | Philosophy or Religion | 3 |  | HLTH 2100 | Applied Nutrition | 3 |
|  | General Education | Physical Education | 1 |  | General Education | Physical Education | 1 |
|  | General Education | Literature | 3 |  | University Wide Electives |  | 3 |
| **Total Credits** | | | 15 |  | **Total Credits** | | 15 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Junior Year** | | | | | | | |
| Fall | | | | Spring | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | EXPH 4100 or EXPH 4120 | Biomechanics or Exercise Physiology | 3 |  | EXPH 4100 or EXPH 4120 | Biomechanics or Exercise Physiology | 3 |
|  | EXPH 4110 or EXPH 4130 | Biomechanics Lab or Exercise Physiology Lab | 1 |  | EXPH 4110 or EXPH 4130 | Biomechanics Lab or Exercise Physiology Lab | 1 |
|  | RSA 4000 | Therapeutic Recreation | 3 |  | \*HHP 4030-WE | Facility Design | 3 |
|  | EXPH 3500 | Motor Behavior | 3 |  | CHM 1300 | General Chemistry I | 3 |
|  | EXPH 3510 | Motor Behavior Lab | 1 |  | CHM 1100 | General Chemistry Lab I | 1 |
|  | HHP 4000 | Research in HHP | 3 |  | University Wide Electives |  | 4 |
|  | HHP 3270 | Creating Funding | 1 |  |  |  |  |
| **Total Credits** | | | 15 | **Total Credits** | | | 15 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Senior Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | \*HLTH 3770-WE | Drugs and Society | 3 |  | HHP 4990 | Internship | 6 |
|  | EXPH 4200 | Advanced Exercise Prescription | 3 |  | \*HHP 4100-WD | Health/ Fitness Behavior Changes | 3 |
|  | MAT 2100  (Gen Ed Elective) | Statistics | 3 |  | University Wide Elective |  | 3 |
|  | PHY 1500 | College Physics I | 3 |  |  |  |  |
|  | PHY 1560 | College Physics I Lab | 1 |  |  |  |  |
|  | University Wide Elective |  | 3 |  |  |  |  |
| **Total Credits** | | | 16 | **Total Credits** | | | 12 |