**Exercise and Sports Science Fitness Specialist 2022-2023**

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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 |  | BIO 2110 and lab | Anatomy and Physiology I | 4 |
|  | MAT 1070 | College Algebra | 3 |  | General Education Social Science | PSY 1010 or SOC 1020, 1050, 2090 | 3 |
|  | General Education Social Science | PSY 1010 or SOC 1020, 1050, 2090 | 3 |  | General Education | Fine Arts | 3 |
|  | General Education | BIO 1000 | 3 |  | General Education | Physical Education | 1 |
|  |  | BIO 1000 Lab | 1 |  | KIN 1100 | Introduction to Kinesiology | 3 |
|  | General Education | Physical Education | 1 |  |  |  |  |
| **Total Credits** | | | 15 |  | **Total Credits** | | 14 |

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| **Sophomore Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | BIO 2120 and lab | Anatomy and Physiology II | 4 |  | General Education | Natural Science | 3 |
|  | KIN 2100 or KIN 2000 | Sociology of Sport or Foundations of Human Movement | 3 |  | KIN 2100 or KIN 2000 | Sociology of Sport or Foundations of Human Movement | 3 |
|  | General Education | Philosophy and Religion | 3 |  | EXPH 3450 | Kinesiology | 3 |
|  | General Education | Social Science | 3 |  | EXPH 3460 | Kinesiology Lab | 1 |
|  | General Education | History | 3 |  | EXPH 3400 | Sports Psychology | 3 |
|  |  |  |  |  | General Education | Literature | 3 |
| **Total Credits** | | | 16 |  | **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 |  | EXPH 4120 | Exercise Physiology | 3 |
|  | EXPH 4110 | Biomechanics Lab | 1 |  | EXPH 4130 | Exercise Physiology Lab | 1 |
|  | HLTH 2100 | Applied Nutrition | 3 |  | KIN 3300 | Strength and Conditioning Theory | 3 |
|  | HLTH 3300 | Health Promotion and Fitness Skills | 3 |  | HHP/KIN 4150 | Organization and Administration WE | 3 |
|  | KIN 3500 | Exercise Leadership | 3 |  | General Ed Elective |  | 3 |
|  | University Wide Elective |  | 3 |  | University Wide Elective |  | 2 |
|  |  |  |  |  |  |  |  |
| **Total Credits** | | | 16 | **Total Credits** | | | 16 |

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| **Senior Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | HHP/KIN 4000 WE | Applied Research | 3 |  | HHP/KIN 4990 | Internship | 6 |
|  | EXPH 4200 WD | Advanced Exercise Prescription | 3 |  | University Wide Elective |  | 3 |
|  | General Education | Elective | 3 |  | University Wide Elective |  | 3 |
|  | University Wide Elective |  | 3 |  |  |  |  |
|  | University Wide Elective |  | 3 |  |  |  |  |
| **Total Credits** | | | 15 | **Total Credits** | | | 12 |

\*Students planning to apply for AT/OT/PT school need to ensure that they are taking the pre-requisites for their intended school/program through their university-wide electives and General Education courses, when possible.