**B.S. Exercise Science, Allied Health/Fitness Track (122 credit hours)**

**Student Name: Student ID:**

Transfer students with an Associate of Arts or Associate of Science degree are deemed to have met ALL General Education and University Orientation requirements. These students are considered 'Core Complete'

Transfer students with an Associate of Applied Science Degree are generally NOT 'Core Complete', but may be 'Category Complete' meeting the requirements for specific categories of the General Education Requirements. Please read requirements when advising these students.

|  |  |  |  |
| --- | --- | --- | --- |
| **Communication: Written and Oral (3 courses)** | **Credit Hours** | **Grade** | **Semester** |
| ENG 101 | English Composition I | 3 |  |  |
| ENG 102 | English Composition II | 3 |  |  |
| COM 103 | Interpersonal Communication | 3 |  |  |
|  | **Total** | **9** |  |  |
| **Quantitative Reasoning: (1 course)** | **Credit Hours** | **Grade** | **Semester** |
| MAT 115  | College Algebra | 3 |  |  |
|  | **Total** | **3** |  |  |
| **Arts and Humanities: (3 courses), Foreign Language Option or Humanities Options** | **Credit Hours** | **Grade** | **Semester** |
| **Option 2** |
| **Choose 1** | **Arts Block** |  |  |  |
| ART 130 | Introduction to Art **OR** | 3 |  |  |
| MUS 130 | Introduction to Music **OR** | 3 |  |  |
| THE 130 | Introduction to Theatre **OR** | 3 |  |  |
| ENG 211 | Introduction to Literature | 3 |  |  |
|  | **Arts Total** | **6** |  |  |
| EDU 204 | Cultural Responsiveness  | 3 |  |  |
|  | **Humanities Total** | **3** |  |  |
|  | **Total** | **9** |  |  |
| **Natural Sciences: (1 Course)** | **Credit Hours** | **Grade** | **Semester** |
| BIO 111 |  Principles of Biology | 4 |  |  |
|  | **Total** | **4** |  |  |
| **Social and Behavioral Sciences: (2 courses from different disciplines)** | **Credit Hours** | **Grade** | **Semester** |
| HIS 108 orHIS 103 | Intro to African American History or Western Civilization **OR** | 3 |  |  |
| **PSY 200** | **General Psychology (PREFERED) OR** | 3 |  |  |
| **SOC 203** | **Principles of Sociology (PREFERED)** | 3 |  |  |
|  | **Total** | **6** |  |  |
|  | **Grand Total for General Core** | **31** |  |  |

**Student Name: Student ID:**

**MAJOR CORE REQUIREMENTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  **Course Name** |  | **Grade** | **Semester** |
| FNU 104 |  Basic Nutrition | 3 |  |  |
| MAT 120 |  Pre-Calculus | 4 |  |  |
| MAT 200 |  Intro to Statistics/Reasoning and Analysis | 4 |  |  |
| CHE 101 | General Chemistry I | 3 |  |  |
| CHE 110 | General Chemistry I Lab | 1 |  |  |
| ALH 210 | Terminology for Healthcare Professionals | 3 |  |  |
|  PHE 200 | Lifelong Leisure Activities | 2 |  |  |
| PHE 218 | Teach Body Conditioning | 1 |  |  |
| PHE 299 | Sports Concepts | 3 |  |  |
| PHY 207 | Physics in Biological Sciences I | 4 |  |  |
| BIO 301 | Human Anatomy | 4 |  |  |
| BIO 303 | Human Physiology | 4 |  |  |
| HED 300 | Foundations of Health Education | 3 |  |  |
| HED 321 | Community Health | 3 |  |  |
| PHE 320 | Adaptive Physical Education | 3 |  |  |
| PHE 323 | Introduction to Exercise Science (Principles of P.E.) | 3 |  |  |
| PHE 324 | Sports Injury: Prevention/Care | 3 |  |  |
| PHE 330 | Physiology of Exercise | 4 |  |  |
| PHE 331 | Kinesiology/Biomechanics | 4 |  |  |
| PHE 332 | Motor Development/Motor Learning | 3 |  |  |
| PHE 333 | Psychological and Sociological Aspects of Sports | 3 |  |  |
| PHE 334 | Principles of Strength and Conditioning | 3 |  |  |
| PHE 355 | Sports Officiating | 2 |  |  |
| PHE 380 | Coaching Competitive Athletes | 2 |  |  |
| PHE 401 | Tests and Measurements for Health & Physical Edu. | 3 |  |  |
| PHE 402 | Research Methods for Exercise Science | 3 |  |  |
| PHE 421 | Org. & Administration of Health/Physical Edu | 3 |  |  |
| PHE 440 | Internship in Exercise Science | 3 |  |  |
| **Total** | **91** |  |  |
| **Grand Total** | **122** |  |  |

**Additional Courses in Preparation for a Doctorate in Physical Therapy (DPT) or Occupational Therapy School**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | **Grade** | **Semester** |
|  CHE 102 | General Chemistry II |  3 |  |  |
| CHE 120 | General Chemistry II Lab | 1 |  |  |
| PHY 208 | Physics in Biological Sciences II | 4 |  |  |
| PSY 223 | Developmental Psychology | 3 |  |  |
| **Total** |  **11** |  |  |

**Additional Courses in Preparation for Physician Assistant School (Please consult Dr. Polson)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | **Grade** | **Semester** |
| CHE 102 | General Chemistry II | 3 |  |  |
| CHE 120 | General Chemistry II Lab | 1 |  |  |
| PHY 208 | Physics in Biological Sciences | 4 |  |  |
| BIO 302 | Microbiology  | 4 |  |  |
| CHE 301 | Organic Chemistry I | 3 |  |  |
| CHE 310 | Organic Chemistry I Lab | 1 |  |  |
|  |   **Total** | **16** |  |  |