

## Exercise Science 4 Year Schedule

Schedule provides suggestions for major courses and possible electives

### First Year

|         |   |           |
|---------|---|-----------|
| HPE 201 | Orientation to HPE                        | 1 credit  |
| HPE 203 | Essentials of Athletic Training           | 2 credits |
| MTH     | Appropriate Core MTH requirement          | 3 credits |
| ENG     | Appropriate Core ENG requirement          | 3 credits |
| HPE 205 | First Aid and Safety                      | 2 credits |
|         | Social Science Core – PSY 110 recommended | 4 credits |

### Second Year

|                      |   |           |
|----------------------|---|-----------|
| HPE 207W or HPE 211W | Nutrition for Daily Living or Nutrition for the Athlete | 3 credits |
| HPE 209              | Research Design & Statistics                            | 3 credits |
| HPE 245              | Health Behavior Management                              | 2 credits |
| BIO 203              | Human Anatomy & Physiology I                            | 3 credits |
| BIO 204              | Human Anatomy & Physiology II                           | 4 credits |
| LAS 200              | Enduring Questions for an Intercultural World           | 3 credits |

### Third Year

|         |  |           |
|---------|--|-----------|
| HPE 302 | Exercise Physiology                            | 3 credits |
| HPE 303 | Fitness Assessment                             | 2 credits |
| HPE 304 | Fitness Assessment Technique Practicum         | 1 credit  |
| HPE 345 | Health and Fitness Program Mgmt and Leadership | 3 credits |

### Fourth Year

|          |  |           |
|----------|--|-----------|
| HPE 352  | Motor Learning                                   | 3 credits |
| HPE 423D | Exercise Prescription for Special Populations    | 3 credits |
| HPE 445  | Theory and Practice of Strength and Conditioning | 3 credits |
| HPE 451  | Kinesiology                                      | 3 credits |
| HPE 070  | Exercise Science Internship                      | 3 credits |

\* Business and/or Communication Electives are encouraged