

EXS 2016

7/1/2016

## EXERCISE SCIENCE – HUMAN PERFORMANCE MAJOR

Specific Foundations recommended for this major:

BIO	201	General Biology I
BIO	203	General Biology I Lab
PSY	101	General Psychology

### MAJOR REQUIREMENTS (58)

__ 3	BIO	262	Human Physiology
__ 3	BIO	331	Human Anatomy
__ 1	BIO	333	Human Anatomy lab
__ 1	EXS	228	Practicum I
__ 1	EXS	229	Practicum II
__ 3	EXS	350	Phys Fit Assess/Prescription
__ 3	EXS	371	Motor Learn/Develop
__ 3	EXS	393	Sem: Adv Strength/Condition
__ 4	EXS	420	Physiology of Exercise
__ 0	EXS	420L	Physiology of Exercise Lab
__ 3	EXS	428	Human Functional Anatomy
__ 4	EXS	431	Kinesiology/Biomechanics
__ 0	EXS	431L	Kinesiology/Biomechanics Lab
__ 3	EXS	435	Internship
__ 2	EXS	475	Senior Seminar
__ 3	HED	231	Injury Care & Safety
__ 3	HED	312	Nutrition/Health/Human Perf
__ 3	HED	332	Adv Sport Nutrition
__ 3	PED	210	Foundations of HPE
__ 3	PED	275	Principles Admin in EXS
__ 3	PED	461	Stats & Eval PE/Exer Science

Choose one Sport Skills:

__ 3	PED	360	Sports Skills I
	PED	361	Sports Skills II

Take:

__ 3	SPM	400	Sports Law
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### **MAJOR plus FOUNDATIONS requirement of (42)**

(4 hours science satisfied by required major courses.)

### **Plus electives needed for the 124 hour degree requirement (24)**

Suggested Optional Electives:

__ 3	PED	261	Psy & Soc of PE/Sport
__ 3	PED	200	Introduction to Coaching
__ 2	PED	3__	Coaching _____
__ 3	PSY	201	Developmental Psychology