



Physical Education:
Exercise Science concentration
Academic Plan of Study
2016-2017 Catalog

Name: _____ Student ID #: _____ Date: _____

University General Education Requirements

Core Courses *completed within first 60 credits

Course	Credits	Grade	Planned to Take
WRIT 101 College Writing I _____	3	_____	_____
WRIT 102 College Writing II _____	3	_____	_____
HHP 102 Wellness and a Positive Lifestyle _____	3	_____	_____
COMM 110 Intro to Speech Communications _____	3	_____	_____
MATH/CSCI _____	3-4	_____	_____

Humanities

Course	Course Title	Credits	Grade	Planned to Take
History _____		3	_____	_____
Literature _____		3	_____	_____
World Language, Culture, & Philosophy _____		3	_____	_____

Social Science (6 cr) *must include 2 different prefixes*

Course	Course Title	Credits	Grade	Planned to Take
Course 1 _____		3	_____	_____
Course 2 _____		3	_____	_____

Natural & Physical Sciences

Course	Course Title	Credits	Grade	Planned to Take
Environmental _____		2	_____	_____
Lab _____		4	_____	_____

Fine & Applied Arts

Course	Course Title	Credits	Grade	Planned to Take
Art History, Criticism & Appreciation _____		3	_____	_____
Aesthetic Experience _____		3	_____	_____

Non-Western & Diversity **may be fulfilled through other General Education categories*

Course	Course Title	Credits	Grade	Planned to Take
Non-western _____		3	_____	_____
Diversity _____		3	_____	_____

Physical Education Major – Exercise Science concentration Requirements

37 credits to include:

Required courses (16 credits required):

Course	Course Title	Credits	Grade	Planned to Take
HHP 110	Introduction to HHP Majors/Minors	1		
HHP 100-200	Activity Courses -- (HHP 133 is NOT allowed)	2		
HLTH 158	Responding To Emergencies and Safety Education	2		
HLTH 160	Introduction to Health Science and Terminology	2		
HHP 203	Group Fitness	1		
HLTH 264	Human Structure & Function	3		
HLTH 265	Human Structure & Function	3		
HHP 282	Introduction to Physical Assessment and Exercise Evaluation	1		
HHP 312	Aquatic Safety	1		
HHP 332	Motor Learning	3		
HHP 337	Practicum in HHP 102 Lab Organization and Administration of Human Performance, Health &	1-2		
HHP 340	Athletics	3		
HHP 362	Kinesiology	2		
HHP 363	Exercise Physiology	3		
HLTH 366	Principles Of Nutrition	3		
HHP 403	Health Coach	2		
HHP 497	Senior Capstone Experience	0		

Electives (3 credits required):

300-400 level courses only

Course	Course Title	Credits	Grade	Planned to Take

Notes: