

Name: _____

Catalog Year: _____

Student #: _____

Date: _____

General Course Work (38-42)

US 10097	DKS: First Year Experience.....	1
Composition		
ENG 11011	College Writing I	3
ENG 21011	College Writing II	3
Mathematics & Critical Reasoning		
MATH 11009	Modeling Algebra (4)	3-4
OR 11010	Algebra for Calculus (3) (or higher-level)	

Basic Sciences (10 hours) (do not take CHEM 10050)		
CHEM 10060	General Chemistry I (check prereqs).....	4
CHEM 10062	General Chemistry Lab I.....	1
CHEM 10061	General Chemistry II (CHEM 10060).....	4
CHEM 10063	General Chemistry Lab.....	1

The above CHEMs are prerequisites for CHEM 20481

Social Sciences		
PSYC 11762	General Psychology	3
GERO 14029	Intro to Gerontology	3

Additional (3-6 hours)		
NUTR 23511	Science of Human Nutrition	3
PPOT: MATH 11022	Trigonometry	3

Humanities and Fine Arts (See Reverse)
Select 3 from Humanities & Fine Arts. One must be from Arts & Sciences and one must be a fine arts course.
(A&S) _____ 3
_____ 3
(Fine Arts) _____ 3

(ALEKS placement or C in MATH 11010 is required for MATH 11022 Trig)
EXPH/EXSP: other Additional course requirement is fulfilled in major with Chemistry or Human A&P

Diversity requirements met? Global Domestic

Major Course Work: (41 Exer. Phys., 52 Exer. Spec., or 65 Pre-Phys/Occ Therapy Hours)

+A minimum 2.25 GPA or better is required in all major coursework

+Students in the PPOT concentration, who do not have a 3.0 or better in this major are encouraged to take the ACSM Health Fitness Specialist and/or CPT exams to enhance employment opportunities following graduation as admission into PT/OT graduate programs is competitive by GPA.

Core Requirements (20 hours)		
EXSC 15010	Intro to Exercise Science	2
ATTR/EXSC 25057	Human Anatomy/Physiology I	3
ATTR/EXSC 25058	Human Anatomy/Physiology II (25057).....	3
EXSC 35068	Statistics for the Exercise Specialist	3
ATTR/EXSC 35054	Biomechanics (25058)	3
w EXSC 45080	Physiology of Exercise (25058).....	3
PEP 25033	Lifespan Motor Development (PSYC 11762) .3	

Fitness Assessment (7 hours)		
ATTR 35040	Strength and Conditioning (25057)	2
EXSC 35022	Exercise Leadership	3
EXSC 35023	Personal Training Certification Prep (25058)	2

Option I: Exercise Physiology (14 hours) [EXPH]		
ATTR 25036	Principles of Athletic Training	3
CHEM 20481	Basic Organic Chemistry I (F/Sum)(10061) ..4	
*EXSC 45481	Senior Seminar (Fall, take junior year)	1
e*EXSC 45096	Individual Investigation in Exercise Sci	3
NUTR 33512	Nutrition (CHEM 20481)	3

Option II: Exercise Specialist (25 hours) [EXSP]		
ATTR 25036	Principles of Athletic Training	3
ATTR 45039	Therapeutic Rehab (25036 & 25057)	3
ATTR 45040	Path/Pharm for Allied Health (25058)	3
EXSC 35075	Exercise Programming(Spring) (25058)	3
EXSC 40612	Exercise Leadership for the Older Adult	3
EXSC 45065	Exercise Testing (Fall only) (25058)	3
EXSC 45070	Electrocardiography (25058).....	3
*EXSC 45480	Internship Seminar (Spring Only)	1
e*EXSC 45492	Internship Phys Fit/Cardiac Rehab (45480)	3

+Option III: Pre-Physical/Occupational Therapy (38 credits) [PPOT]		
BSCI 10110	Biological Diversity.....	4
BSCI 10120	Biological Foundations.....	4
CHEM 20481	Basic Organic Chemistry I (Fall/Summer).....	4
*EXSC 45096	Individual Investigation in EXSI	3
*EXSC 45481	Senior Seminar (Fall, take junior year)	1
e*EXSC 45492	Internship Phys Fit/Cardiac Rehab	3

HED 14020	Medical Terminology	3
NUTR 33512	Nutrition (CHEM 20481)	3
PHY 13001	General College Physics I (MATH 11022)	4
PHY 13002	General College Physics II (PHY 13001).....	4
PHY 13021	General College Physics Lab I.....	1
PHY 13022	General College Physics Lab II	1
PSYC 40111	Abnormal Psychology (PSYC 11762)	3

*contact instructor/faculty advisor for special approval

NOTE: It is highly recommended that the Exercise Science major take the American College of Sports Medicine Health Fitness Specialist and/or Certified Personal Trainer exams upon completion of their degree programs. See faculty advisor prior to selecting electives (No remedial/development courses and only 4 hours of PEB courses)

General Elective Credits: 41-42 for EXPH (16 upper division), 30-31 hours for EXSP (1 upper division), or 15 for PPOT (10 upper division)

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Suggested Electives for PPOT option:	
ATTR 45039	Therapeutic Rehab (3) [25036 25057]
ATTR 45040	Path/Pharm for Allied Health (3) [EXSC 25058]
CHEM 30284	Intro. Bio. Chemistry (4) spring only [20481]
EXSC 40612	Exercise Leadership for Older Adult (3)
EXSC 45065	Exercise Testing (3) fall only ([25058]

I have reviewed the requirement sheet and professional requirements with an advisor and assume responsibility for remaining informed and completing my program.

Student Signature _____
Professional Advisor's Signature _____

Each semester, meet with your Assigned Faculty Advisor: _____

Important notes: Exercise Science is one route to Physical Therapy and Occupational Therapy advanced study programs. Athletic Training is another option for pursuing advancement into PT and/or OT graduate programs. Specifically, Athletic Training involves clinical courses and dual-certificate (AT/PT) opportunities for those choosing Pre-Physical Therapy/OT as a course of study. Additionally, Integrated Health Studies provides a viable course of study which can also serve as a Pre-PT/OT curricula for interested students. The Health Science concentration includes a strong math and science curriculum which provides a solid foundation for numerous health/medical graduate degrees in particular physical and occupational therapy

Total Hours Completed	_____
Hours Needed:	_____
General Coursework	_____
Core	_____
Fitness Assessment	_____
Option _____	_____
Upper Division Hours	_____
General Electives	_____
Total for Degree	_____