

Progress Sheet – B.S. Exercise Physiology

Please note: Student is responsible to meet requirements as outlined. The faculty advisor will offer assistance. Classes are subjective to change per spring and/or fall semester offered. This sheet is updated to date, however classes may change when they are offered.

Name: _____ ID # _____ Catalog: _____

Course Name	Dept	#	CR	SEM	Grade
Intro to Ex Phys (Fall) Pre: none	PE	125	1		
Anatomy & Phys. (Fall) Pre: BIO 124/125	BIO	212	4		
Tests & Measures (Fall & Spring) Pre: a math course	PE	326	2		
Basic Strength & Conditioning (Spring)	PE	299	3		
Physiology of Sport & Exercise with Lab (Fall & Spring) Pre: BIO 212	PE	345	3		
Advanced Exercise Physiology with Lab (fall & spring) Pre: PE 345	PE	448	4		
Motor Development (Fall & Spring) Pre: none	PE	258	3		
Aerobic Conditioning (Fall) Pre: none	PE	101	1		
Anaerobic Conditioning (Spring) Pre: none	PE	102	1		
Begin Swim (Fall/ Spring) OR Lifeguarding (Spring) Pre: none	PE	101	1		
Group Fitness Leadership (Fall & Spring) Pre: none	PE	225	1		
	PE	211	2		

First Aid & Safety (Fall & spring) (Jr or Sr) Pre: none	SDE	232	3		
Pract. Computer Appl. (Fall & Spring) Pre: none	CIS	271	3		
Nutrition & Fitness (Fall & Spring) Pre: none	HE	300	3		
Care & Prev of Athletic Injuries (Fall & Spring) Pre: BIO 212	PE	342	2		
Kinesiology (Fall & Spring) Pre: BIO 212	PE	395	3		
Biomechanics (Fall) Pre: BIO 212	PE	450	3		
Elementary Physics and LAB (Fall) Pre: Math 145	PHYS	101/110	3/1		
Intro to Statistics (Fall & Spring) Pre: MATH 046	MATH	160	3		
Modifications of Exercise (Fall) Pre: PE 345	PE	455	3		
Phys. Of Cardiac Rehab (Spring) Pre: PE 345	PE	454	3		
Theory of Ex Test & Pres. & Lab (Spring) Pre: PE 345	PE	460	4		
Internship	PE	480	6		

Essential Skills (courses do not count towards graduation)

Develop English	ENG	075	0		
Develop Math	MATH	046	0		
Freshman Experience	COLL	101	2		

Communication (9 hours) & Math (3 hours)

Fresh English I (Fall) Min grad of C required.	ENG	101	3		
Fresh English II (Spring) Min grade of C required.	ENG	102	3		
Fund of Oral Comm. (Fall & Spring) Min grade of C required.	COM	101	3		
Pre Calculus (Fall & Spring) Pre: MATH 140 or MATH ACT 20 or SAT equivalent	MATH	145	3		

Natural Sciences

Biological Principles and Lab Pre: MATH 046 of MATH ACT 19 or passing the ASSET test (Spring & Fall)	BIO	124 & 125	3/1		
General Chemistry I/and Lab (Fall) Pre: CHEM 100/101 or High School Chemistry	CHEM	110 & 111	3/1		

Social & Behavioral Sciences (12 hours)

*Must choose 2 of the bottom 3 for general studies requirement.

History 103, 104, 210, or 211	HIS		3		
General Psychology	PSY	101	3		
*Geography 205 or 206	GEO		3		
*Basic concepts of Sociology	SOC	150	3		
*Global Issues	SS	100	3		

Wellness/ Physical Education

Anaerobic Conditioning	PE	102	1		
Aerobic Conditioning	PE	101	1		
Personal Health	HE	253	2		

Business & Economics (3 Hours)

Intro to Business	GBUS	140	3		
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Fine Arts/ Humanities (9 hours)

Any LITERATURE course with ENG prefix	ENG		3		
PHIL/ REL/ or foreign Language			3		
FA/ ART/ MUS			3		

Health & Fitness (17 hours)

Community & Env. Health (fall) Pre: none; take with HE 362	HE	360	3		
Sports Rehabilitation (fall) Pre: none	PE	352	2		
Lifespan development Pre: PSYCH 101 (fall)	PSYCH	252	3		
Drug Use & Abuse (fall) Pre: none	HE	320	2		
Current Health Issues Seminar (spring) Pre: none	HE	470	1		
Human Development (spring) Pre: none Min grade of C req.	EDUC	201	3		
Intro to Exceptionalities (fall) Pre: none Min grade of C req.	SPED	241	3		

Notice

Total hours must be at least _____ hours for graduation.

Exercise Physiology Majors must have a cumulative GPA of at least 2.5 in order to register for internship. Internships may be split up at various times of the year as authorized by your advisor. Six credit hours of internship are equivalent to a total of 360 contact hours or 24 documented hours per week while on internship

Once you have reached 90 hours of completed coursework, you must have a 90 HOUR CREDIT EVALUATION completed by your advisor. A meeting with your academic advisor is strongly encouraged at this time.

Sport & Business (29 Hours)

Intro to sports management (Fall)	PE	12 4	1		
Organization & Administration Pre: Junior	PE	32 2	2		
Practicum in Sports Information	PE	32 4	2		
Mass Communication Media	COMM	21 1	3		
Legal Business Environment I	GBUS	34 4	3		
Principles of Financial Accounting	ACCT	22 4	3		
Principles of Marketing Pre: GBUS 140	MKT	33 1	3		
Consumer Behavior Pre: MKT 331	MKT	34 0	3		
Principles of Management	MGT	35 0	3		
Sports Management & Marketing Pre: MGT 350 & MKT 331	MGT	47 0	3		
Business Statistics	GBUS	28 0	3		

Clinical (23 hours)

COURSE NAME	DEPT	#	CR	SEM	GRADE
Sports Rehabilitation (Fall)	PE	352	2		
Essential Biomedical Terminology (Fall & Spring)	BIO	210	3		
Human Anatomy & Physiology I (Spring) Pre: BIO 124/125, CHEM 110/111, CHEM 112/113	BIO	302	4		
Human Anatomy & Physiology LAB (Spring)	BIO	303	0		
Human Anatomy & Phys. II (fall) Pre: BIO 124/125; CHEM 112/113; CHEM 110/111	BIO	328	3		
General Chemistry II Pre: CHEM 110/111 (spring)	CHEM	112	3		
General Chemistry LAB (spring)	CHEM	113	1		
Elementary Physics II Pre: PHYS 101/110 (spring)	PHYS	102	3		
Elementary Physics LAB (spring)	PHYS	111	1		
Lifespan Development Pre: PSYCH 101 (fall)	PSYCH	252	3		