

Exercise Physiology 4 Year Plan of Study

CLINICAL CONCENTRATION

<p><u>Fall – Freshman</u> *EP 125 Introduction to Ex Phys. (1) *BIO 124/125- Biological Principles (4) PE 211- Group Fitness (2) PE 240 Anatomy & Physiology (3) PE 258- Motor Development (3) ENG 101 (3)</p> <p>16</p>	<p><u>Spring- Freshman</u> ENG 102 (3) COM 101- Communications (3) SDE 232- First Aid and Safety (3) PE 395- Kinesiology (3) EP 335/326- Exercise Physiology I / Lab (4)</p> <p>16</p>
<p><u>Fall- Sophomore</u> PE 326- Tests & Measures (2) *CHEM 110/111 (4) PSYCH 101- Introduction to Psychology (3) EP 101- Beginning Swim (1) OR Lifeguarding (1) HIS 103/104/210/211 (3) HE 300- Nutrition and Fitness (3)</p> <p>16</p>	<p><u>Spring -Sophomore</u> EP 299 Basic Strength & Cond. (3) EP 450- Biomechanics (3) *CHEM 112/113 (4) PHIL/REL/or foreign language (3) MATH 160- Statistics (3)</p> <p>16</p>
<p><u>Fall- Junior</u> EP 448/449- Advanced Ex Phys/Lab (4) CIS 271- Practical Computer App. (2) *Physics 101/110 (4) *PSYCH- 252- Lifespan Development (3) FA/ART/MUS (3)</p> <p>16</p>	<p><u>Spring -Junior</u> *Physics 102/111 (4) EP 460/462- Theory of Exercise/ Lab (4) *BIO 302- Human Anat. & Phys. I and Lab (4) Any literature course with ENG prefix (3)</p> <p>15</p>
<p><u>Fall- Senior</u> EP 352- Sports Rehab (2) *BIO 328- Human Anat. and Phys. II/Lab (4) BIO 210- Medical Terminology (3) GBUS 140- Introduction to Business (3) EP 454/456- Cardiac Rehab/Lab (4)</p> <p>16 hrs.</p>	<p><u>Spring -Senior</u> Internship (6) GEO 205/206 (3) SOC 150- Introduction to Sociology (3) EP 455- Modifications of Exercise (3)</p> <p>15hrs.</p>

* Fall/Spring class only

HEALTH & FITNESS CONCENTRATION

<p><u>Fall – Freshman</u> *EP 125 Introduction to Ex Phys. (1) PE 211- Group Fitness (2) PE 240 Anatomy & Physiology (3) PE 258- Motor Development (3) ENG 101 (3) HIS 103/104/210/211 (3)</p> <p>15</p>	<p><u>Spring- Freshman</u> ENG 102 (3) COM 101- Communications (3) PE 326- Tests & Measures (2) EP 335/326- Exercise Physiology I / Lab (4) *BIO 124/125 Biological Principles OR BIO 105/106 (4)</p> <p>16</p>
<p><u>Fall- Sophomore</u> *CHEM 110/111 OR CHEM 100/101 (4) PSYCH 101- Introduction to Psychology (3) EP 101- Beginning Swim (1) OR Lifeguarding (1) *He 360- Community & Environmental Health (3) PE 395- Kinesiology (3) EP 342- Care and Prevention (2)</p> <p>16</p>	<p><u>Spring -Sophomore</u> EP 299 Basic Strength & Cond. (3) EP 450- Biomechanics (3) PHIL/REL/or foreign language (3) MATH 160- Statistics (3) HE 300- Nutrition and Fitness (3) *HE 470-Current Health Issues Seminar (1)</p> <p>16</p>
<p><u>Fall- Junior</u> EP 448/449- Advanced Ex Phys/Lab (4) CIS 271- Practical Computer App. (2) *Physics 101/110 (4) *PSYCH- 252- Lifespan Development (3) SDE 232- First Aid and Safety (3)</p> <p>16</p>	<p><u>Spring -Junior</u> EP 460/462- Theory of Exercise/ Lab (4) Any literature course with ENG prefix (3) EDU 201- Human Development (3) *HE 320- Mental Health & Drug Use and Abuse (2) SOC 150- Introduction to Sociology (3)</p> <p>15</p>
<p><u>Fall- Senior</u> EP 352- Sports Rehab (2) GBUS 140- Introduction to Business (3) EP 454/456- Cardiac Rehab/Lab (4) SPED- Intro to Exceptionalities (3) FA/ART/MUS (3)</p> <p>15 hrs.</p>	<p><u>Spring -Senior</u> Internship (6) GEO 205/206 (3) EP 455- Modifications of Exercise (3)</p> <p>12hrs.</p>

* Fall/Spring class only