

Progress Sheet – B.S. Exercise Physiology

**MAJOR COMPONENT (56 Credits)**

Minimum grade of C required

Course Name	Dept	#	CR	SEM	Grade
Intro to Exercise Physiology	EP	125	1		
Basic Strength & Conditioning Principles Pre: PE 240	EP	299	3		
Exercise Physiology I/Lab Pre: PE 240	EP	325/326	4		
Exercise Metabolism & Nutrition Pre: EP 325/326, HE 300	EP	333	3		
Sports Rehabilitation Pre: PE 240	EP	352	3		
Exercise Physiology II/Lab Pre: EP 325/326	EP	448/449	4		
Biomechanics Pre: PE 240	EP	450	3		
Cardiac Rehabilitation Pre: EP 448/449	EP	454	3		
Modification of Exercise Pre: EP 448/449	EP	455	3		
Theory of Exercise Testing, Prescription & Programs Pre: EP 454 & 455	EP	460	3		
Exercise Physiology Internship Pre: EP 325/326 Overall GPA of 2.5	EP	480	1 (professional development)		
			1 (professional development)		
			4		
First Aid & Emergency Services or Emergency Medical Technician	SDE	232 or 252	3		
Nutrition & Fitness	HE	300	3		
Anatomy & Physiology	PE	240	3		
Tests, Measures & Research Design	PE	326	2		
Kinesiology Pre: PE 240	PE	395	3		
Intro to Statistics	MATH	160	3		
Practical Computer Applications	CIS	271	3		

**GENERAL EDUCATION REQ (44-49 Credits)**

Essential Skills (does not count toward graduation)

Course Name	Dept	#	CR	SEM	Grade
Freshman Experience	COLL	101	2		

Communication = 6 or 9 hours (minimum grade of C required)

College Composition I (ENG 103 not required)	ENG	101	3		
College Composition II (ENG 103 not required)	ENG	102	3		
Accelerated College Composition (ENG 102 and 103 not required)	ENG	103	3		
Fundamentals of Oral Communication	COM	101	3		

Analysis: Quantitative (3-5), Life Sciences (4), Physical Sciences (4), Critical Reading (3), Economics/Finance (3), Logic/Critical Assessment (3) = 20 or 22

Intro to Statistics (Hours counted in Major Component)	MATH	160	3 or 5		
Biological Principles/Lab (Clinical) or Life Science/Lab (H&F)	BIO	124/125 or 105/106	4		
General Chemistry I/Lab (Clinical) or Foundations of Chemistry/Lab (H&F)	CHEM	110/111 or 100/101	4		
Any LITERATURE course with ENG prefix (ENG 200-400)	ENG		3		
ECON 102 or 103 or FIN 131	ECON /FIN		3		
Intro to Psychology	PSYC	101	3		

Self and Cultural Awareness: Fine Arts (3), Perceptions and Cultures (15) = 18 hours

FA 101/ART 140, 340, 341, or 343/MUS 130, 132, or 133/THE 100 or 300			3		
HIS 103, 104, 210, or 211	HIS		3		
HE 300 (Hours counted in Major Component)	HE	300	3		
<b>1 course from 3 of the following 6 groups</b>					
1. GEO 205 or 206	GEO		3		
2. POLS 101 or 201	POLS		3		
3. Any REL	REL		3		
4. Any Foreign Language			3		
5. SOC 150 or SWK 201			3		
6. Any PHIL except PHIL 210	PHIL		3		

**Clinical (23 Credits)**

Course Name	Dept	#	CR	SEM	Grade
Essential Biomedical Terminology	BIO	210	3		
Human Anatomy & Physiology I/Lab Pre: BIO 124/125, CHEM 110/111	BIO	302/303	4		
General Chemistry II/Lab Pre: CHEM 110/111	CHEM	112/113	4		
Clinical Exercise Physiology Seminar Pre: EPE 454 and 455	EP	464	1		
Elementary Physics I/Lab Pre: MAT 145 or ACT 25	PHYS	101/110	4		
Elementary Physics II/Lab Pre: PHYS 101/110	PHYS	102/111	4		
Lifespan Development Pre: PSYC 101	PSYC	252	3		

**Health & Fitness (23 Credits)**

Mental Health & Drug Use & Abuse	HE	320	3		
Community & Environmental Health	HE	360	3		
Group Fitness Leadership	PE	211	2		
Motor Development	PE	258	2		
Physical World/Lab	PHYS	190/191	4		
Lifespan Development Pre: PSYC 101	PSYC	252	3		
Human Development Minimum grade of C required	EDUC	201	3		
Intro to Exceptionalities Minimum grade of C required	SPED	241	3		

**Notice.**

*Exercise Physiology Majors must have a cumulative GPA of at least 2.5 and a minimum grade of "C" in all EP Major Component classes (56 Credits) in order to graduate. Students must have an overall GPA of 2.5 in order to register for Internship (EP 480).*

**NOTE:** *Students applying for Graduate Schools in Physical Therapy, Occupational Therapy, Physician's Assistant Studies, etc. may also require additional coursework:*

**For example**

**BIO 328/334-Anatomy & Physiology II & Lab-4**

**BIO 325-Microbiology-4**

**Additional Psychology Courses**

**\*\*Consult Advisor for additional details\*\***