

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 (34-40 Credits)**

Essential Skills (does not count toward graduation)

Course Name	Dept	#	CR	SEM	Grade
Freshman Experience	COLL	101	2		
<b>Composition (3-7 Credits)</b>					
College Composition I (ENG 103 not required)	ENG	101	3-4		
College Composition II (ENG 103 not required)	ENG	102	3		
Accelerated College Composition (ENG 101 and 102 not required)	ENG	103	3		
<b>Oral Communication (3 Credits)</b>					
Fundamentals of Oral Communication	COM	101	3		
<b>Quantitative Reasoning (3-5 Credits)</b>					
Intro to Statistics (counts toward major as well)	MATH	160	3-5		
<b>Scientific Reasoning (4 Credits)</b>					
Life Sciences/Lab (H&F) OR Biological Principles (Clin and Pre-AT)	BIO	105/ 106 OR 124/ 125	4		
<b>Applied Reasoning (3 Credits)</b>					
Intro to Psychology	PSYC	101	3		
<b>Cultural Literacy (6 Credits)</b>					
HIS 103, 104, 210, or 211	HIS		3		
ENG 202, 204, 205, 214, 215	ENG		3		
<b>Arts &amp; Humanities (6 Credits)</b>					
ART 100, 140, 341, 343 OR MUS 130, 132, 133, 134, 351 OR THE 100, 300			3		
PHIL 201, 205 OR REL 250, 335 OR ANY FREN OR ANY SPAN OR SPA 252			3		
<b>Social Sciences (Choose 2 from different groups; 6 Credits)</b>					
GEO 205, 206	GEO		3		
POLS 101, 201, 201	POLS		3		
SOC 150 OR SWK 201			3		

**Clinical (27 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 I/Lab	CHEM	110/111	4		
General Chemistry II/Lab Pre: CHEM 110/111	CHEM	112/113	4		
Clinical Exercise Physiology Seminar Pre: EP 454 and 455	EP	464	1		
Elementary Physics I/Lab Pre: MATH 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 (27 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		
Foundations of Chemistry/Lab	CHEM	100/101	4		

**Pre-Athletic Training (31 Credits: 8 Undergraduate + 23 Graduate)**

General Chemistry I/Lab	CHEM	110/111	4		
Elementary Physics I/Lab Pre: MATH 145 or ACT 25	PHYS	101/110	4		
Year 1 of MSAT Program (see graduate catalog)			23		

*The Pre-Athletic Training Concentration is designed for students to complete the BS in Exercise Physiology and MS in Athletic Training in five years (3 + 2 program). See the MSAT Program for more details.*

**Notices**

*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).*

*All students are required to complete 120 credits, and this may require the completion of one or more elective courses.*

*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\*\****