

Curriculum Map – Exercise Science

NOTE: If you are required to complete any developmental courses, you may not be able to complete the degree in four years. This curriculum map assumes that you have not transferred in any previously completed college level courses.

✓	Fall Semester	Code	Credits	✓	Spring Semester	Code	Credits
	ENG 100 Writing	G	3		Math 131, 135, 152	G	3
	FYS 101 First Year Seminar	G	3		ENG 200 Writing II	G	3
	Natural Sciences I General Education	G	3		HLTH 151 Wellness Theory to Action	R	3
	HPE 160 Foundations of Health and PE	P,R	3		PHED 205 Lifetime Fitness	R	3
	COMS 108 Fundamentals of Speech Comm.	G	3		*BIO 234 Anatomy and Physiology I (For pre-pt see advising notes)	P,R	3
			15				15

✓	Fall Semester	Code	Credits	✓	Spring Semester	Code	Credits
	Social Behav Sciences II Gen Ed (PSY 154 recommended)	G	3		HUM 1 - Humanities Gen Ed	G	3
	Natural Sciences II Gen Ed	G	3		*BIO 235 Anatomy and Phys II (For pre-pt see advising notes)	G	3
	PHED 220 Athletic Training	R	3		HLTH 206 Principles of Nutrition -or- NUTR 201	R	3
	HLTH 203 Safety & 1st Aid	R	3		Elective (1)	E	3
	*CHEM 101 w/lab (For pre- pt see advising notes)	G	4		Social Behavioral Sciences I Gen Ed	G	3
			16				15

✓	Fall Semester	Code	Credits	✓	Spring Semester	Code	Credits
	HLTH 310 Health and Wellness Promotion	R,U	3		PHED 326 Exercise Program Leadership	R,U, P	3
	PHED 306 Functional Anatomy/Biomechanics	P,R, U	3		PHED 424 Principles of Therapeutic Exercise	R,U, P	3
	PHED 315 Motor Development/Motor Learning	R,U	3		PHED 432 Physiology of Exercise	R,U, P	3
	PHED 332 Principles of Strength and Conditioning	R,U, P	3		PHED 301 Evaluation in Exercise Science	R,U	3
	Humanities II Gen Ed	G	3		PHED 450 Planning and Managing Exercise Programs	R,U, P	3
			15				15

✓	Fall Semester	Code	Credits	✓	Spring Semester	Code	Credits
	PHED 423 Exercise Management of Special Populations	R,U,	3		PHED 453A or PHED 453B Internship	R,U,	3
	PHED 441 Exercise Testing and Prescription	R, U, P	4		PHED 499D Senior Capstone in Exercise Science	R,U, G	3
					Elective (4)	E	3
	PHED 453C Internship	R, U,	3				
	Elective (2)	E	3		Elective (5)	E	3
	Elective (3)	E	3		Elective (6)	E	3
			16				15

Codes:

(P) Pre-requisite, (E) Elective, (G) General Education Course, (R) Required Course (U) Upper Division Course 300-400 level (you must have 42 hours)

Suggested courses for Pre-Physical Therapy Students.

It is important that you check with the Physical Therapy School you will be applying to for their specific requirements.

BIOL 171 (prerequisite for BIOL 244)

***BIOL 244** Anatomy and Physiology I (3 hrs) + BIOL 244A Human Anatomy and Physiology Lab (1hr) (*instead of BIOL 234*)

***BIOL 245** Anatomy and Physiology II (3 hrs)+ BIOL 245A Human Anatomy and Physiology Lab (1hr) (*instead of BIOL 235*)

***CHEM 111** Principles of Chemistry I w/lab (4 hrs) *instead of CHEM 101*

CHEM 112 Principles of Chemistry II w/lab (4 hrs)

PSY 156 Lifespan Developmental Psychology (PSY 154 prereq)

PHYS 201 & PHYS 202 Elementary Physics I and II + Elementary Physics lab

MATH 353 Statistics

NURS 202/IMS 202 Medical Terminology