

Four-Year Degree Plan for Major in Human Performance/Exercise Physiology Concentration

Note that this is a sample four-year plan. There are other course sequences that will allow a student to graduate within four years as long as prerequisite courses are taken in the proper sequence. This sample plan does not guarantee course availability, and adjustments to students' plans may be necessary if they are unable to take specific courses during specific semesters. Students who are placed into lower level AWR, MAT or other prerequisite courses will need to adjust their four-year plans accordingly. Similarly, students who bring in Advanced Placement, Dual Enrollment or transfer credit for courses will need to adjust their four-year plans. A minimum of a 2.0 GPA both overall and in the major is required for graduation. In addition to major requirements, all components of the Baccalaureate Experience must be completed in order to successfully graduate. A student must earn a minimum of 124 credit hours to qualify for the Bachelor of Science degree in Human Performance/Exercise Physiology Concentration.

First (Freshman) Year - Fall Semester

	Humanities / Fine Arts or Social Science (Bacc. Exp.)	4
ESC 105	Biokinetics and Conditioning	2
ESC 110	Introduction to Exercise Science and Sport Studies	2
HSC 100	Personal and Family Health	3
AWR 101	Writing and Inquiry	4
BAC 101	First-Year Seminar I	1
	or	
HON 101	Pathways to Honors 1	1

Subtotal: 16

First (Freshman) Year - Spring Semester

ESC 280	Adult Fitness	3
MAT 160	College Algebra	4
PSY 200	General Psychology	4
	Humanities / Fine Arts or Social Science (Bacc. Exp.)	4
BAC 102	First-Year Seminar II	1
	or	
HON 102	Pathways to Honors 2	1

Subtotal: 16

MAT 160 or higher

Second (Sophomore) Year - Fall Semester

	Biological Science (Bacc. Exp.)	3
AWR 201	Writing and Research	4
ESC 150	Comprehensive First Aid/CPR/AED	2
	or	
HSC 250	Emergency Medical Response and	3
HSC 203	Nutrition	3
HSC 230	Human Anatomy and Physiology I	3
HSC 234	Human Anatomy and Physiology I Laboratory	1

Subtotal: 16-17

Second (Sophomore) Year - Spring Semester

HSC 231	Human Anatomy and Physiology II	3
HSC 235	Human Anatomy and Physiology II Laboratory	1
	Humanities / Fine Arts or Social Science (Bacc. Exp.)	4
	Humanities/Fine Arts or Social Science (Bacc. Exp.)	4
ESC 372	Principles of Exercise Leadership	2
	Elective	3

Subtotal: 17

Third (Junior) Year - Fall Semester

ESC 270	Prevention and Care of Sports Injuries	3
ESC 330	Human Development and Motor Learning	3
	General Elective	4
CHE 152	General Chemistry I	3
CHE 153L	General Chemistry I Laboratory	1
HSC 350	Biostatistics	3

Subtotal: 17

Third (Junior) Year - Spring Semester

ESC 312	Dance/Rhythmics	3
ESC 340	Applied Kinesiology	3
ESC 380	Exercise Testing and Prescription	3
HSC 360	Principles of Epidemiology in Exercise and Public Health	3
	General Elective	3

Subtotal: 15

Fourth (Senior) Year - Fall Semester

ESC 450	Tests and Measurement	3
ESC 491	Senior Seminar in Exercise Science	3
SPM 412	Principles of Administration for Sport and Physical Education	3
	Electives	7

Subtotal: 16

Fourth (Senior) Year - Spring Semester

ESC 460	Physiology of Exercise	3
ESC 480	Internship in Adult Fitness Programs	2-12
	Electives	6

Subtotal: 11-21

ESC 480 Internship in Adult Fitness Programs is highly recommended for the adult fitness concentration. To intern, a student must have achieved the following: a minimum 2.0 GPA in the major and overall; senior academic standing; departmental approval; completion of all prerequisite courses. Proof of current CPR certification is required, and individual liability insurance may be required.

Students interested in registering for ESC 480 should contact their adviser for requirements and information concerning the internship.