

Exercise Physiology - Plan of Study

CLINICAL CONCENTRATION

<p><u>Fall – Freshman</u> *EP 125 Introduction to Ex Phys. (1) *BIO 124/125- Biological Principles (4) PE 102- Anaerobic/ Aerobic Cond. (1) PE 211- Group Fitness (2) ENG 101 (3) MATH 145- Pre Calculus (3) HE 253- Personal Health (2)</p> <p>16</p>	<p><u>Spring- Freshman</u> MATH 160- Statistics (3) EP 101- Beginning Swim (1) OR Lifeguarding (1) PE 258- Motor Development (3) HIS 103/104/210/211 (3) ENG 102 (3) COM 101- Communications (3)</p> <p>16</p>
<p><u>Fall- Sophomore</u> *BIO 212- Human Anatomy & Phys. (4) PE 326- Tests & Measures (2) *CHEM 110/111 (4) FA/ART/MUS (3) PSYCH 101- Introduction to Psychology (3)</p> <p>16</p>	<p><u>Spring -Sophomore</u> *EP 299 Basic Strength & Cond. (3) EP 345- Physiology of Sport & Ex. (3) *CHEM 112/113 (4) HE 300- Nutrition and Fitness (3) PE 395- Kinesiology (3) EP 342- Care and Prevention (2)</p> <p>18</p>
<p><u>Fall- Junior</u> EP 448- Advanced Ex Phys (4) CIS 271- Practical Computer App. (3) EP 450- Biomechanics (3) *Physics 101/110 (4) *PSYCH- 252- Lifespan Dvlp. (3)</p> <p>17</p>	<p><u>Spring -Junior</u> *Physics 102/111 (4) EP 455- Modifications of Exercise (3) EP 454- Cardiac Rehab (3) EP 460- Theory of Exercise and Lab (4) *BIO 302- Human Anat. & Phys. I and Lab (4)</p> <p>18</p>
<p><u>Fall- Senior</u> SDE 232- First Aid and Safety (3) EP 352- Sports Rehab (2) *BIO 328- Human Anat. and Phys. II (3) BIO 210- Medical Terminology (3) GBUS 140- Introduction to Business (3) Any literature course with ENG prefix (3)</p> <p>17 hrs.</p>	<p><u>Spring -Senior</u> Internship (6) GEO 205/206 (3) SOC 150- Introduction to Sociology (3) PHIL/REL/or foreign language (3)</p> <p>15hrs.</p>

* Fall/Spring class only

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HEALTH & FITNESS CONCENTRATION

<p><u>FALL – Freshman</u> *EP 125 Introduction to Ex Phys. (1) *BIO 124/125- Biological Principles (4) PE 102- Anaerobic/ Aerobic Cond. (1) PE 211- Group Fitness (2) ENG 101 (3) MATH 145- Pre Calculus (3) HE 253- Personal Health (2)</p> <p>16</p>	<p><u>Spring- Freshman</u> MATH 160- Statistics (3) PE 258- Motor Development (3) HIS 103/104/210/211 (3) EP 101- Beginning Swim (1) OR Lifeguarding (1) ENG 102 (3) COM 101- Communications (3)</p> <p>16</p>
<p><u>Fall- Sophomore</u> *BIO 212- Human Anatomy & Phys. (4) *CHEM 110/111 (4) FA/ART/MUS (3) PSYCH 101- Introduction to Psychology (3) SPED- Intro to Exceptionalities (3)</p> <p>17 hrs.</p>	<p><u>Spring -Sophomore</u> *EP 299 Basic Strength & Cond. (3) EP 345- Physiology of Sport & Ex. (3) HE 300- Nutrition and Fitness (3) PE 395- Kinesiology (3) EP 342- Care and Prevention (2) PE 326- Tests & Measures (2)</p> <p>16 hrs.</p>
<p><u>Fall- Junior</u> EP 448- Advanced Ex Phys (4) CIS 271- Practical Computer App. (3) EP 450- Biomechanics (3) *Physics 101/110 (4) *He 360- Community & Environmental Health (3)</p> <p>17 hrs.</p>	<p><u>Spring- Junior</u> EP 455- Modifications of Exercise (3) EP 454- Cardiac Rehab (3) EP 460- Theory of Exercise and Lab (4) EDU 201- Human Dvlp. (3) *HE 470-Current Health Issues Seminar (1) Any literature course with ENG prefix (3)</p> <p>17 hrs.</p>
<p><u>Fall- Senior</u> SDE 232- First Aid and Safety (3) EP 352- Sports Rehab (2) *HE 320- Drug Use and Abuse (3) GBUS 140- Introduction to Business (3) *PSYCH- 252- Lifespan Dvlp. (3) PHIL/REL/or foreign language (3)</p> <p>17 hrs.</p>	<p><u>Spring -Senior</u> Internship (6) GEO 205/206 (3) SOC 150- Introduction to Sociology (3)</p> <p>12 hrs.</p>

* Fall/Spring class only