

2012-2013

# Exercise Physiology 4 Year Plan of Study

## CLINICAL CONCENTRATION

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| <p><b><u>Fall – Freshman</u></b><br/>           *EP 125 Introduction to Ex Phys. (1)<br/>           *BIO 124/125- Biological Principles (4)<br/>           PE 240 Anatomy &amp; Physiology (3)<br/>           PE 258- Motor Development (3)<br/>           ENG 101 (3)<br/>           COLL 101 First Year Experience (2)</p> <p>16</p>   | <p><b><u>Spring- Freshman</u></b><br/>           ENG 102 (3)<br/>           SDE 232- First Aid/Emerg Service (3)<br/>           PE 395- Kinesiology (3)<br/>           BIO 210- Medical Terminology (3)<br/>           CHEM 110/111 (4)<br/>           MATH 145 Pre Calculus (3)</p> <p>19</p>   |
| <p><b><u>Fall- Sophomore</u></b><br/>           PE 326- Tests, Measuremts, &amp; Research Design (2)<br/>           PSYCH 101- Introduction to Psychology (3)<br/>           EP 101- Beginning Swim (1) OR Lifeguarding (1)<br/>           HIS 103/104/210/211 (3)<br/>           HE 300- Nutrition and Fitness (3)<br/>           CHEM 112/113 (4)<br/>           PE 211- Group Fitness (2)</p> <p>18</p> | <p><b><u>Spring -Sophomore</u></b><br/>           EP 299 Basic Strength &amp; Cond. (3)<br/>           EP 450- Biomechanics (3)<br/>           *BIO 302- Human Anat. &amp; Phys. I and Lab (4)<br/>           CIS 271- Practical Computer App. (2)<br/>           PHIL/REL/or foreign language (3)<br/>           MATH 160- Statistics (3)</p> <p>18</p> |
| <p><b><u>Fall- Junior</u></b><br/>           EP 335/326- Exercise Physiology I / Lab (4)<br/>           *BIO 328- Human Anat. and Phys. II/Lab (4)<br/>           *PHYS 101/110- Physics 1(4)<br/>           FA/ART/MUS (3)<br/>           COM 101- Communications (3)</p> <p>18</p>   | <p><b><u>Spring -Junior</u></b><br/>           EP 448/449- Advanced Ex Phys/Lab (4)<br/>           EP 454/456- Cardiac Rehab/Lab (4)<br/>           EP 455- Modifications of Exercise (3)<br/>           *PHYS 102/111- Physics 2 (4)</p> <p>15</p>  |
| <p><b><u>Fall- Senior</u></b><br/>           EP 352- Sports Rehab (2)<br/>           EP 460/462- Theory of Exercise/ Lab (4)<br/>           GBUS 140- Introduction to Business (3)<br/>           *PSYCH- 252- Lifespan Development (3)</p> <p>12 hrs.</p>   | <p><b><u>Spring -Senior</u></b><br/>           Internship (6)<br/>           GEO 205/206 (3)<br/>           SOC 150- Introduction to Sociology (3)<br/>           Any literature course with ENG prefix (3)</p> <p>15hrs.</p>  |

\* Fall/Spring class only

Please note that certain clinical degrees such as Medical School may require additional prerequisites. Please check with your advisor for specific admissions requirements.

# HEALTH & FITNESS CONCENTRATION

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| <p><b><u>Fall – Freshman</u></b><br/>           *EP 125 Introduction to Ex Phys. (1)<br/>           PE 211- Group Fitness (2)<br/>           PE 240 Anatomy &amp; Physiology (3)<br/>           PE 258- Motor Development (3)<br/>           ENG 101 (3)<br/>           HIS 103/104/210/211 (3)</p> <p>15</p>   | <p><b><u>Spring- Freshman</u></b><br/>           ENG 102 (3)<br/>           COM 101- Communications (3)<br/>           PE 326- Tests, Measuremts, &amp; Research Design (2)<br/>           *BIO 124/125 Biological Principles OR<br/> <span style="float: right;">BIO 105/106 (4)</span><br/>           PE 395- Kinesiology (3)</p> <p>15</p>   |
| <p><b><u>Fall- Sophomore</u></b><br/>           *CHEM 110/111 OR CHEM 100/101 (4)<br/>           PSYCH 101- Introduction to Psychology (3)<br/>           PE 101- Beginning Swim (1) OR Lifeguarding (1)<br/>           *He 360- Community &amp; Environmental Health (3)<br/>           EP 342- Care and Prevention (2)<br/>           GEO 205/206 (3)</p> <p>16</p> | <p><b><u>Spring -Sophomore</u></b><br/>           EP 299 Basic Strength &amp; Cond. (3)<br/>           EP 450- Biomechanics (3)<br/>           PHIL/REL/or foreign language (3)<br/>           MATH 160- Statistics (3)<br/>           HE 300- Nutrition and Fitness (3)<br/>           *HE 470-Current Health Issues Seminar (1)</p> <p>16</p> |
| <p><b><u>Fall- Junior</u></b><br/>           CIS 271- Practical Computer App. (2)<br/>           *PHYS 101/110 OR PHYS 190/191 (4)<br/>           *PSYCH- 252- Lifespan Development (3)<br/>           SDE 232- First Aid /Emerg Service (3)<br/>           EP 335/326- Exercise Physiology I / Lab (4)</p> <p>16</p>   | <p><b><u>Spring -Junior</u></b><br/>           EDU 201- Human Development (3)<br/>           *HE 320- Mental Health &amp; Drug Use and Abuse (2)<br/>           SOC 150- Introduction to Sociology (3)<br/>           EP 448/449- Advanced Ex Phys/Lab (4)<br/>           EP 454/456- Cardiac Rehab/Lab (4)</p> <p>16</p>                       |
| <p><b><u>Fall- Senior</u></b><br/>           GBUS 140- Introduction to Business (3)<br/>           SPED- Intro to Exceptionalities (3)<br/>           EP 460/462- Theory of Exercise/ Lab (4)<br/>           EP 455- Modifications of Exercise (3)<br/>           EP 352- Sports Rehab (2)</p> <p>15 hrs.</p>   | <p><b><u>Spring -Senior</u></b><br/>           Internship (6)<br/>           FA/ART/MUS (3)<br/>           Any literature course with ENG prefix (3)</p> <p>12hrs.</p>  |

\* Fall/Spring class only