

# Exercise Physiology 4-Year Plan of Study

## CLINICAL CONCENTRATION

<p><b>Fall – Freshman</b>            EP 125 Introduction to Ex Phys. (1)            BIO 124/125- Biological Principles (4)            PE 240 Anatomy &amp; Physiology (3)            ENG 101 (3)            COLL 101- First Year Experience (2)            COM 101- Communications (3)</p> <p>16 hrs</p>	<p><b>Spring- Freshman</b>            ENG 102 (3)            PE 395- Kinesiology (3)            EP 325/326- Exercise Physiology I / Lab (4)            FA/ART/MUS (3)            SDE 232- First Aid and Safety (3)</p> <p>16 hrs</p> <p>*MATH 139 or 140 or 145 if needed (3)</p>
<p><b>Fall- Sophomore</b>            EP 352- Sports Rehab (3)            EP 448/449- Ex Phys II/Lab (4)            HE 300- Nutrition and Fitness (3)            CHEM 110/111- Gen. Chem. I/Lab (*4 or 5)</p> <p>14 or 16 hrs</p> <p>*MATH 140 or 145 if needed (3)</p>	<p><b>Spring -Sophomore</b>            EP 333 Exercise Metabolism &amp; Nutrition (3)            EP 454- Cardiac Rehab (3)            GBUS 140 or ECON 102 or 103 or FIN 131 (3)            CHEM 112/113- Gen. Chem. II/Lab (4)            CIS 271- Practical Computer App. (3)</p> <p>16 hrs</p> <p>*MATH 145 if needed (3)</p>
<p><b>Fall- Junior</b>            EP 299 Basic Strength &amp; Cond. (3)            EP 450- Biomechanics (3)            PSYC 101- Introduction to Psychology (3)            SWK 201 or POLS 101 or 201 (3)            PHYS 101/110- Physics I (4)            EP 480- Internship/Professional Development (1)</p> <p>17 hrs</p>	<p><b>Spring -Junior</b>            EP 455- Modifications of Exercise (3)            MATH 160- Statistics (*3 or 5)            PHYS 102/111- Physics II/Lab (4)            PE 326- Tests &amp; Measures (2)            EP 480- Internship/Professional Development (1)</p> <p>13 or 15 hrs</p>
<p><b>Fall- Senior</b>            EP 460- Theory of Exercise (3)            PSYC 252- Lifespan Development (3)            BIO 302/303- Human Anat. &amp; Phys. I/Lab (4)            EP 480- Internship (2)            HIS 103/104/210/211 (3)</p> <p>15 hrs</p>	<p><b>Spring –Senior</b>            EP 470- Internship (2)            EP 464- Clinical EP Seminar (1)            GEO 205/206 (3)            Any literature course with ENG prefix (3)            BIO 210- Medical Terminology (3)            REL or foreign language (3)</p> <p>15 hrs</p>

\*Based on ACT/SAT score

Please note that certain clinical post-graduate programs may require additional prerequisites. Please check with your advisor for specific admissions requirements.

# HEALTH & FITNESS CONCENTRATION

<p><b>Fall – Freshman</b>            EP 125 Introduction to Ex Phys. (1)            PE 240 Anatomy &amp; Physiology (3)            PE 258- Motor Development (2)            ENG 101 (3)            COMM 101- Communications (3)            COLL 101- First Year Experience (2)</p> <p><b>14 hrs</b></p>	<p><b>Spring- Freshman</b>            ENG 102 (3)            BIO 105/106- Life Sciences/Lab (4)            PE 395- Kinesiology (3)            EP 325/326- Exercise Physiology I/ Lab (4)            PE 211- Group Fitness (2)</p> <p><b>16 hrs</b></p>
<p><b>Fall- Sophomore</b>            EP 448/449- Advanced Ex Phys/Lab (4)            HE 300- Nutrition and Fitness (3)            EP 352- Sports Rehab (3)            CHEM 100/101- Foundations of Chem./Lab (4)            SDE 232- First Aid and Safety (3)</p> <p><b>17 hrs</b></p>	<p><b>Spring -Sophomore</b>            EP 333 Exercise Metabolism &amp; Nutrition (3)            CIS 271- Practical Computer App. (3)            EP 454- Cardiac Rehab (3)            PSYC 101- Introduction to Psychology (3)            GBUS 140 or ECON 102 or 103 or FIN 131 (3)</p> <p><b>15 hrs</b></p>
<p><b>Fall- Junior</b>            PSYC 252- Lifespan Development (3)            HE 320- Mental Health &amp; Drug Use and Abuse (3)            HIS 103/104/210/211 (3)            EP 299- Basic Strength &amp; Cond. (3)            EP 480- Internship/Professional Development (1)            REL or foreign language (3)</p> <p><b>16 hrs</b></p>	<p><b>Spring -Junior</b>            EDU 201- Human Development (3)            EP 455- Modifications of Exercise (3)            MATH 160- Statistics (*3 or 5)            EP 480- Internship/Professional Development (1)            PE 326- Tests &amp; Measures (2)            HE 360- Community &amp; Environmental Health (3)</p> <p><b>15 hrs</b></p>
<p><b>Fall- Senior</b>            SPED 241- Intro to Exceptionalities (3)            EP 460- Theory of Exercise (3)            EP 450- Biomechanics (3)            SWK 201 or POLS 101 or 201 (3)            EP 480- Internship (2)</p> <p><b>14 hrs</b></p>	<p><b>Spring -Senior</b>            FA/ART/MUS (3)            Any literature course with ENG prefix (3)            EP 480- Internship (2)            GEO 205/206 (3)            PHYS 190/191- Physical World/Lab (4)</p> <p><b>15 hrs</b></p>

\*Based on ACT/SAT score