

# Exercise Physiology 4-Year Plan of Study

## CLINICAL CONCENTRATION

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

\*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

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

\*Based on ACT/SAT score