

Exercise Physiology 4-Year Plan of Study

CLINICAL CONCENTRATION

<u>Fall – Freshman</u> EP 125 Introduction to Ex Phys. (1) BIO 124/125- Biological Principles (4) PE 240 Anatomy & Physiology (3) ENG 101 (3) COLL 101- First Year Experience (2) COM 101- Communications (3) 16 hrs	<u>Spring- Freshman</u> 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) 16 hrs
<u>Fall- Sophomore</u> 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) 14 or 16 hrs *MATH 140 or 145 if needed (3)	<u>Spring -Sophomore</u> EP 333 Exercise Metabolism & 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) 16 hrs *MATH 145 if needed (3)
<u>Fall- Junior</u> EP 299 Basic Strength & 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) 17 hrs	<u>Spring -Junior</u> EP 455- Modifications of Exercise (3) MATH 160- Statistics (*3 or 5) PHYS 102/111- Physics II/Lab (4) PE 326- Tests & Measures (2) EP 480- Internship/Professional Development (1) 13 or 15 hrs
<u>Fall- Senior</u> EP 460- Theory of Exercise (3) PSYC 252- Lifespan Development (3) BIO 302/303- Human Anat. & Phys. I/Lab (4) EP 480- Internship (2) HIS 103/104/210/211 (3) 15 hrs	<u>Spring –Senior</u> EP 480- 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) 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

<u>Fall – Freshman</u> EP 125 Introduction to Ex Phys. (1) PE 240 Anatomy & Physiology (3) PE 258- Motor Development (2) ENG 101 (3) COMM 101- Communications (3) COLL 101- First Year Experience (2) 14 hrs	<u>Spring- Freshman</u> 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) 16 hrs
<u>Fall- Sophomore</u> 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) 17 hrs	<u>Spring -Sophomore</u> EP 333 Exercise Metabolism & 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) 15 hrs
<u>Fall- Junior</u> PSYC 252- Lifespan Development (3) HE 320- Mental Health & Drug Use and Abuse (3) HIS 103/104/210/211 (3) EP 299- Basic Strength & Cond. (3) EP 480- Internship/Professional Development (1) REL or foreign language (3) 16 hrs	<u>Spring -Junior</u> 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 & Measures (2) HE 360- Community & Environmental Health (3) 15 hrs
<u>Fall- Senior</u> 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) 14 hrs	<u>Spring -Senior</u> 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) 15 hrs

*Based on ACT/SAT score

PRE-ATHLETIC TRAINING CONCENTRATION

<u>Fall – Freshman</u> EP 125 Introduction to Ex Phys. (1) BIO 124/125- Biological Principles (4) PE 240 Anatomy & Physiology (3) ENG 101 (3) COLL 101- First Year Experience (2) COM 101- Communications (3) 16 hrs	<u>Spring- Freshman</u> ENG 102 (3) PE 395- Kinesiology (3) EP 325/326- Exercise Physiology I / Lab (4) SDE 232- First Aid and Safety (3) Any General Studies Elective (3) 16 hrs
<u>Fall- Sophomore</u> 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) PE 326- Tests and Measures (2) EP 480- Internship/Professional Development (1) 17 or 18 hrs *MATH 140 or 145 if needed (3)	<u>Spring –Sophomore</u> EP 299- Basic Strength & Cond. (3) EP 454- Cardiac Rehab (3) Any 2 General Studies Electives (6) MATH 160- Statistics (*3 or 5) EP 480- Internship/Professional Development (1) 16 or 18 hrs *MATH 145 if needed (3)
<u>Fall- Junior</u> Any 2 General Studies Electives (6) PHYS 101/110- Physics I (4) EP 333 Exercise Metabolism & Nutrition (3) EP 455- Modifications of Exercise (3) EP 480- Internship (2) 18 hrs	<u>Spring –Junior</u> EP 450- Biomechanics (3) EP 460- Theory of Exercise (3) CIS 271- Practical Computer App. (3) Any 3 General Studies Electives (6) EP 480- Internship (2) 17 hrs
<u>Fall- Senior</u> See MSAT program in the graduate catalog	<u>Spring –Senior</u> See MSAT program in the graduate catalog

*Based on ACT/SAT score