

Exercise Physiology 4-Year Plan of Study

CLINICAL CONCENTRATION

<p><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)</p> <p>16 hrs</p>	<p><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) MATH 160- Statistics (*3 or 5)</p> <p>16-18 hrs</p>
<p><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)</p> <p>14-17 hrs</p> <p>*MATH 145 if needed (3)</p>	<p><u>Spring -Sophomore</u> EP 333 Exercise Metabolism & Nutrition (3) EP 454- Cardiac Rehab (3) Any General Studies Elective (3) CHEM 112/113- Gen. Chem. II/Lab (4) CIS 271- Practical Computer App. (3)</p> <p>16-19 hrs</p> <p>*MATH 145 if needed (3)</p>
<p><u>Fall- Junior</u> EP 299 Basic Strength & Cond. (3) EP 450- Biomechanics (3) PSYC 101- Introduction to Psychology (3) Any General Studies Elective (3) PHYS 101/110- Physics I (4) EP 480- Internship/Professional Development (1)</p> <p>17 hrs</p>	<p><u>Spring -Junior</u> EP 455- Modifications of Exercise (3) Any General Studies Elective (3) PHYS 102/111- Physics II/Lab (4) PE 326- Tests & Measures (2) EP 480- Internship/Professional Development (1)</p> <p>13 hrs</p>
<p><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) Any General Studies Elective (3)</p> <p>15 hrs</p>	<p><u>Spring –Senior</u> EP 480- Internship (2) EP 464- Clinical EP Seminar (1) Any 3 General Studies Electives (9) BIO 210- Medical Terminology (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><u>Fall – Freshman</u> EP 125 Introduction to Ex Phys. (1) PE 240 Anatomy & Physiology (3) PE 211- Group Fitness (2) ENG 101 (3) COMM 101- Communications (3) COLL 101- First Year Experience (2)</p> <p>14 hrs</p>	<p><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 258- Motor Development (2)</p> <p>16 hrs</p>
<p><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)</p> <p>17 hrs</p>	<p><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) Any General Studies Elective (3)</p> <p>15 hrs</p>
<p><u>Fall- Junior</u> PSYC 252- Lifespan Development (3) Any 2 General Studies Electives (6) EP 299- Basic Strength & Cond. (3) EP 480- Internship/Professional Development (1) HE 360- Community & Environmental Health (3)</p> <p>16 hrs</p>	<p><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 320- Mental Health & Drug Use and Abuse (3)</p> <p>15 hrs</p>
<p><u>Fall- Senior</u> SPED 241- Intro to Exceptionalities (3) EP 460- Theory of Exercise (3) EP 450- Biomechanics (3) Any General Studies Elective (3) EP 480- Internship (2)</p> <p>14 hrs</p>	<p><u>Spring -Senior</u> Any 3 General Studies Electives (9) EP 480- Internship (2) PHYS 190/191- Physical World/Lab (4)</p> <p>15 hrs</p>

*Based on ACT/SAT score

PRE-ATHLETIC TRAINING CONCENTRATION

<p><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)</p> <p>16 hrs</p>	<p><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) MATH 160- Statistics (*3 or 5)</p> <p>16 hrs</p>
<p><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)</p> <p>17 or 18 hrs *MATH 145 if needed (3)</p>	<p><u>Spring –Sophomore</u> EP 299- Basic Strength & Cond. (3) EP 454- Cardiac Rehab (3) Any 2 General Studies Electives (6) EP 480- Internship/Professional Development (1)</p> <p>16 or 18 hrs *MATH 145 if needed (3)</p>
<p><u>Fall- Junior</u> PHYS 101/110- Physics I (4) EP 333 Exercise Metabolism & Nutrition (3) EP 455- Modifications of Exercise (3) EP 480- Internship (2) Any 2 General Studies Electives (6)</p> <p>18 hrs</p>	<p><u>Spring –Junior</u> EP 450- Biomechanics (3) EP 460- Theory of Exercise (3) EP 480- Internship (2) CIS 271- Practical Computer App. (3) Any 3 General Studies Electives (9)</p> <p>20 hrs</p>
<p><u>Fall- Senior</u></p> <p>See MSAT program in the graduate catalog</p>	<p><u>Spring –Senior</u></p> <p>See MSAT program in the graduate catalog</p>

*Based on ACT/SAT score