

# 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)            SDE 232- First Aid and Safety (3)            MATH 160- Statistics (*3 or 5)</p> <p>16-18 hrs</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)            Any Ex. Phys Elective (~3)</p> <p>17-18 hrs</p>	<p><b>Spring -Sophomore</b>            EP 333 Exercise Metabolism &amp; Nutrition (3)            EP 454- Cardiac Rehab (3)            Any General Studies Elective (3)            Any Ex. Phys Elective (~6)</p> <p>15 hrs</p>
<p><b>Fall- Junior</b>            EP 299 Basic Strength &amp; Cond. (3)            EP 450- Biomechanics (3)            EP 480- Internship/Professional Development (1)            PSYC 101- Introduction to Psychology (3)            PHYS 101/110- Physics I (4)            Any General Studies Elective (3)</p> <p>17 hrs</p>	<p><b>Spring -Junior</b>            EP 455- Modifications of Exercise (3)            PE 326- Tests &amp; Measures (2)            EP 480- Internship/Professional Development (1)            Any General Studies Elective (3)            Any Ex Phys Elective (~3-6)</p> <p>12-15 hrs</p>
<p><b>Fall- Senior</b>            EP 460- Theory of Exercise (3)            EP 480- Internship (2)            Any General Studies Elective (3)            Any Ex Phys Electives (~6)</p> <p>14 hrs</p>	<p><b>Spring –Senior</b>            EP 480- Internship (2)            EP 464- Clinical EP Seminar (1)            Any 3 General Studies Electives (9)            Any Ex Phys Electives (~3)</p> <p>15 hrs</p>

\*Based on ACT/SAT score

~Ex. Phys Electives- 20 total credits (see advising sheet)

~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><u>Fall – Freshman</u></b>            EP 125 Introduction to Ex Phys. (1)            PE 240 Anatomy &amp; Physiology (3)            ENG 101 (3)            COMM 101- Communications (3)            COLL 101- First Year Experience (2)            Any Ex. Phys Elective (~3)</p> <p><b>15 hrs</b></p>	<p><b><u>Spring- Freshman</u></b>            ENG 102 (3)            BIO 105/106- Life Sciences/Lab (4)            PE 395- Kinesiology (3)            EP 325/326- Exercise Physiology I/ Lab (4)            Any Ex. Phys Elective (~3)</p> <p><b>17 hrs</b></p>
<p><b><u>Fall- Sophomore</u></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><u>Spring -Sophomore</u></b>            EP 333 Exercise Metabolism &amp; Nutrition (3)            EP 454- Cardiac Rehab (3)            PSYC 101- Introduction to Psychology (3)            Any General Studies Elective (3)            Any Ex. Phys Electives (~3)</p> <p><b>15 hrs</b></p>
<p><b><u>Fall- Junior</u></b>            EP 299- Basic Strength &amp; Cond. (3)            EP 480- Internship/Professional Development (1)            Any General Studies Electives (6)            Any Ex. Phys Electives (~6)</p> <p><b>16 hrs</b></p>	<p><b><u>Spring -Junior</u></b>            EP 455- Modifications of Exercise (3)            EP 480- Internship/Professional Development (1)            PE 326- Tests &amp; Measures (2)            MATH 160- Statistics (*3 or 5)            Any Ex. Phys Electives (~3)            Any Gen Studies Elective (3)</p> <p><b>15-17 hrs</b></p>
<p><b><u>Fall- Senior</u></b>            EP 460- Theory of Exercise (3)            EP 450- Biomechanics (3)            EP 480- Internship (2)            Any General Studies Elective (3)            Any Ex. Phys Elective (~3)</p> <p><b>14 hrs</b></p>	<p><b><u>Spring -Senior</u></b>            EP 480- Internship (2)            PHYS 190/191- Physical World/Lab (4)            Any General Studies Electives (6)            Any Ex. Phys Elective (~3)</p> <p><b>15 hrs</b></p>

\*Based on ACT/SAT score

~Ex. Phys Electives- 20 total credits (see advising sheet)

# PRE-ATHLETIC TRAINING CONCENTRATION

<p><b><u>Fall – Freshman</u></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><b>16 hrs</b></p>	<p><b><u>Spring- Freshman</u></b>            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><b>16-18 hrs</b></p>
<p><b><u>Fall- Sophomore</u></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><b>14 or 15 hrs</b></p>	<p><b><u>Spring –Sophomore</u></b>            EP 299- Basic Strength &amp; Cond. (3)            EP 454- Cardiac Rehab (3)            BIO 210- Biomedical Terminology (3)            Any General Studies Electives (6)</p> <p><b>15 hrs</b></p>
<p><b><u>Fall- Junior</u></b>            PHYS 101/110- Physics I (4)            EP 333 Exercise Metabolism &amp; Nutrition (3)            EP 455- Modifications of Exercise (3)            EP 480- Internship/Professional Development (1)            Any General Studies Electives (6)</p> <p><b>17 hrs</b></p>	<p><b><u>Spring –Junior</u></b>            EP 450- Biomechanics (3)            EP 480- Internship/Professional Development (1)            BIO 302/303- Human Anat. &amp; Phys. I/Lab (4)            Any General Studies Electives (9)</p> <p><b>17 hrs</b></p>
<p><b><u>Fall- Senior</u></b>            PE 326- Tests and Measures (2)            EP 480- Internship (2)            Ex Phys. electives (9)</p> <p><b>13 hrs</b></p>	<p><b><u>Spring –Senior</u></b>            EP 460- Theory of Exercise (3)            EP 480- Internship (2)            Ex Phys. electives (9)</p> <p><b>14 hrs</b></p>

**\*Based on ACT/SAT score**