



ACADEMIC TENTATIVE DEGREE COMPLETION CHECKLIST

COLLEGE OF EDUCATION & HUMAN PERFORMANCE

Exercise Physiology - Strength and Conditioning

Student Name _____

Banner ID _____

Catalog Year _____

Anticipated Graduation Date _____

Advisor _____

Additional Comments: _____

YEAR 1 WL

Semester 1 Fall	Hours	Semester 2 Spring	Hours
☐ EP 125 Introduction to Exercise Physiology	1	☐ Math 160 Probability and Statistics	3
☐ PE 240 anatomy and Physiology	3	☐ HE 300 Nutrition and Fitness	3
☐ Bio 105/106 Life Sciences	4	☐ Eng 101 College Composition	3
☐ Psych 101 Introduction to Psychology	3	☐ Comm 101 Fundamentals of Oral Communication	3
☐ College 101 The Hilltop Experience	2	☐ Concentration or general studies elective	3
☐ History elective	3	☐	
Semester Hours:	16	Semester Hours:	15
Notes:			

YEAR 2 WL

Semester 1 Fall	Hours	Semester 2 Spring	Hours
☐ EP 325/326 Exercise Physiology 1 and Laboratory	4	☐ EP 448/449 Exercise Physiology 2 and Laboratory	4
☐ EP 480 Internship	1	☐ SDE 232 First Aid and Safety	3
☐ Chem 100/101 Foundations of Chemistry	4	☐ PE 326 Tests, Measurements and Research Design	2
☐ PE 395 Kinesiology	3	☐ Bio 210 Medical Terminology	3
☐ PE 258 Motor Development	2	☐ EP 481 Professional Development	1
☐ Concentration elective	3	☐ GBUS 140 Introduction to Business	3
Semester Hours:	17	Semester Hours:	16
Notes:			

YEAR 3 WL

Semester 1 Fall	Hours	Semester 2 Spring	Hours
☐ Phys 190/191 Physical World and Laboratory	4	☐ EP 333 Metabolism and Nutrition	3
☐ EP 482 Internship	2	☐ EP 450 Biomechanics	3
☐ Humanities and languages elective	3	☐ EP 482 Internship	2
☐ English elective	3	☐ Concentration elective	3
☐ GBUS 220 Business Communications	3	☐ Concentration elective	3
☐		☐	
Semester Hours:	15	Semester Hours:	14
Notes:			

YEAR 4 WL

Semester 1 Fall	Hours	Semester 2 Spring	Hours
☐ EP 454 Cardiac Rehabilitation	3	☐ EP 455 Modifications of Exercise	3
☐ EP 299 Strength and Conditioning and Laboratory	4	☐ EP 460 Theory of Exercise Testing and Prescription	3
☐ Geography/Political Science/Sociology/Social Work electie	3	☐ EP 352 Sports Rehabilitation	3
☐ Geography/Political Science/Sociology/Social Work electie	3	☐ Fine Arts Elective	3
☐ EP 482 Internship	2	☐ Concentration elective	3
☐		☐	
Semester Hours:	15	Semester Hours:	15
Notes:			