

**EXERCISE SCIENCE  
(Physical Education)**

**HOURS REQUIRED FOR PROGRAM**

Name	
Social Security No (ID)	
Major	Physical Education
Concentration	Exercise Science
Minor	(not required)
Catalog Year	2005-2006

General Education	41
Physical Education Core	20
Concentration	47
Guided Electives	9
Free Electives	3
<b>TOTAL</b>	<b>120</b>

**GENERAL EDUCATION CORE (41 HRS)**

<b>COMMUNICATION (9 HRS)</b>	Hrs	Gr	Sem	<b>MAJOR/CONCENTRATION:</b>	Hrs	Gr
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ENGL 1010 Critical Reading & Expository Writing	3			<b>CORE (20 HRS)</b>		
ENGL 1020 Critical Thinking & Argumentation	3			PHED 1130 Fitness for Life	2	
SPCH 1300, 2300 OR 2320	3			PEXS 2955 Care & Treatment of Athletic Injuries	3	

<b>HUMANITIES/FINE ARTS (9 HRS)</b>				PEXS 3032 Psychomotor Development in Children	3	
Literature	3			PEXS 3080 Teaching Aerobic Conditioning	3	
Fine Arts - PEXS 3500 Dance as Human Experience	3			PEXS 3510 Foundations of PE (W, O)	3	
Humanities	3			SALM 4210 Legal Issues & Risk Mgmt in S & LA (W,O)	3	

<b>SOCIAL/BEHAVIORAL SCIENCES (6 HRS)</b>				PUBH 2030 First Aid & Emergency Care	3	
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				<b>CONCENTRATION (47 HRS)</b>		
				PEXS 3610 Exercise Physiology I (T)	3	

<b>HISTORY (6 HRS)</b>				PEXS 3655 Sports Nutrition	3	
				PEXS 4061 Exercise Fitness Testing	3	
				PEXS 4062 Cardiovas Exer Testing & Electrocardio	3	

<b>NATURAL SCIENCES (8 HRS)</b>				PEXS 4270 Structural Kinesiology	3	
				PEXS 4467 Mtblc Aspects Nutrtn & Exer in Disease	3	
				PEXS 4620 Exercise Physiology II	3	

<b>MATHEMATICS (3-4 HRS)</b>				PEXS 4630 Exercise Science Internship I	6	
				PEXS 4631 Exercise Science Internship II	6	
				PEXS 4977 Exer Mgmt Prsns Chrnc Dises & Dsblts	3	

**ADDITIONAL REQUIREMENTS**

CSCI 1100 Using Information Technology OR EXAM	2/3			FACS 2420 Principles of Nutrition	3	
WRITING INTENSIVES				HSCI 3000 Human Anatomy	4	
1				HSCI 3020 Human Physiology	4	

				<b>GUIDED ELECTIVES (9 HRS)</b>		
2				PEXS 4150 Special Olympics Coaching	3	
3				SALM 4215 Social Psychology of Sport & Leisure	3	
4				FACS 3465 Human Nutrition and Metabolism	3	

ORAL INTENSIVES				FACS 4427 Diet in Disease	3	
1				FACS 4437 Diet in Disease II (W,O)	3	
2				FACS 4447 Advanced Nutrition	3	

TECHNOLOGY INTENSIVE				BIOL 1110/1111 Biology I for Majors & Lab	4	
1				BIOL 1120/1121 Biology II for Majors & Lab	4	

<b>Check CSCI 1100 for credit hours and TI intensive requirement</b>				CSCI 1101 Intro to Spreadsheets (T)	1	
				CHEM 1110/1111 General Chemistry & Lab	4	

<b>GUIDED ELECTIVES (CONTINUED)</b>				CHEM 1120/1121 General Chemistry & Lab	4	
HSCI 3030 Introductory Biochemistry (W)				PUBH 1010 Personal Health Behavior	3	
PHYS 1030 Intro to Physics				PUBH 2750 Medical Terminology	3	
PHYS 2010/2011 Gen Physics Noncalculus & Lab (W)				PUBH 3000 Intro to Biostatistics (T)	3	
ALHE 2010 Intro to Allied Health				PUBH 3500 Consumer Health Education	2	
PUBH 4030 Community Health (W)				PUBH 4220 Family Health & Human Sexuality	2	
				PUBH 4500 Pathophysiology of Disease	3	

<b>FREE ELECTIVES (3 HRS)</b>				PUBH 4607 Gerontology and Health (W)	3	
				PUBH 4707 International Health	3	
				FACS 1110 Family Development	3	
				FACS 3420 Nutrition throughout the Lifecycle	3	
				FACS 4487 Nutrition & Disease Prevention	3	
				HSCI 2230 Intro to Microbiology	4	

