# EXERCISE AND SPORT SCIENCE

HOURS REQUIRED FOR PROGRAM

<table>
<thead>
<tr>
<th>Category</th>
<th>Hrs</th>
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</thead>
<tbody>
<tr>
<td>General Education</td>
<td>41</td>
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<tr>
<td>Major Core</td>
<td>21</td>
</tr>
<tr>
<td>Exercise Science Concentration</td>
<td>47</td>
</tr>
<tr>
<td>Guided Electives</td>
<td>9</td>
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<tr>
<td>Free Electives</td>
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<tr>
<td><strong>Total</strong></td>
<td>120</td>
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</table>

Catalog Year: 2019 - 2020

## GENERAL EDUCATION CORE (41 HRS)

### COMMUNICATION (9 HRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
<th>Gr</th>
<th>Sem</th>
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<tbody>
<tr>
<td>ENGL 1010 Critical Reading &amp; Expository Writing</td>
<td>3</td>
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<tr>
<td>ENGL 1020 Critical Thinking &amp; Argumentation</td>
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<tr>
<td>COMM 2025, 2045 OR 2055</td>
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### HUMANITIES/FINE ARTS (9 HRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
<th>Gr</th>
<th>Sem</th>
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</thead>
<tbody>
<tr>
<td>Literature</td>
<td>3</td>
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</tr>
<tr>
<td>Fine Arts</td>
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<tr>
<td>Humanities</td>
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### SOCIAL/BEHAVIORAL SCIENCES (6 HRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
<th>Gr</th>
<th>Sem</th>
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<tbody>
<tr>
<td>COBH 2030 First Aid &amp; Emergency Care</td>
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### HISTORY (6 HRS)

<table>
<thead>
<tr>
<th>Course</th>
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<th>Gr</th>
<th>Sem</th>
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<tbody>
<tr>
<td>PEXS 3610 Exercise Physiology I (Fall, Winter, Summer)</td>
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### NATURAL SCIENCES (8 HRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
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<th>Sem</th>
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<tbody>
<tr>
<td>PEXS 4601 Exercise Fitness Testing</td>
<td>3</td>
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<tr>
<td>PEXS 4602 Cardivas Exer Testing &amp; Electrocardio</td>
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<td>PEXS 4270 Structural Kinesiology</td>
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### MATHEMATICS (3-4 HRS)

<table>
<thead>
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<th>Course</th>
<th>Hrs</th>
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<th>Sem</th>
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<tbody>
<tr>
<td>PEXS 4656 Sports Conditioning &amp; Training</td>
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<tr>
<td>PEXS 4657 Sports Nutrition &amp; Ergogenic Aids</td>
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### ADDITIONAL REQUIREMENTS

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
<th>Gr</th>
<th>Sem</th>
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<tbody>
<tr>
<td>NTFD 2420 Principles of Nutrition Science</td>
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<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
<th>Gr</th>
<th>Sem</th>
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</thead>
<tbody>
<tr>
<td>CSCI 1100 Using Information Technology OR EXAM</td>
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<tr>
<td>HSCI 3000 Human Anatomy</td>
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<tr>
<td>HSCI 3020 Human Physiology</td>
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### GUIDED ELECTIVES (9 HRS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs</th>
<th>Gr</th>
<th>Sem</th>
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</thead>
<tbody>
<tr>
<td>PHYS 2010 - 2011 General Physics I-Noncalculus</td>
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<tr>
<td>PHYS 2020 - 2021 General Physics II-Noncalculus</td>
<td>4</td>
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<tr>
<td>BIOL 1110 - 1111 Biology for Science Majors I</td>
<td>4</td>
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<tr>
<td>BIOL 1120 - 1121 Biology for Science Majors II</td>
<td>4</td>
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<tr>
<td>CHEM 1110 - 1111 General Chemistry I</td>
<td>4</td>
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<td></td>
</tr>
<tr>
<td>CHEM 1120 - 1121 General Chemistry II</td>
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<tr>
<td>HSCI 3030 - 3031 Introductory Biochemistry</td>
<td>4</td>
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<tr>
<td>HSCI 3046 - Human Genetics</td>
<td>3</td>
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<tr>
<td>HSCI 3230 - 3321 General Microbiology</td>
<td>4</td>
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<tr>
<td>HSCI 3240 - 3340 Understanding Cultural Diversity</td>
<td>3</td>
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<tr>
<td>HSCI 3445 - Medical Aspects and Apps of Assist Tech</td>
<td>3</td>
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<tr>
<td>ALHE 2010 - Introduction to Allied Health</td>
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**HSCI 3000 & 3020 (or 2010/11 & 2020/21) must be taken prior to taking PEXS 3610**

**COBH 4030 has a prerequisite requirement of COBH 1010**
GENERAL EDUCATION REQUIREMENTS

COMMUNICATION - 9 HOURS, to include:
- 6 hours of written composition:
  - ENGL 1010 Critical Reading & Expository Writing
  - ENGL 1020 Critical Thinking & Argumentation
- and 3 hours of oral communication: (choose one)
  - COMM 2025 Fundamental of Communication
  - COMM 2045 Public Speaking
  - COMM 2055 Argumentation & Debate

NATURAL SCIENCES - 8 hours: (choose two)
- ASTR 1010 Astronomy I
- ASTR 1020 Astronomy II
- ASTR 1035 Life in the Universe
- BIOL 1110-1111 Biology for Science Majors I
- BIOL 1120-1121 Biology for Science Majors II
- BIOL 1130-1131 Biology for Science Majors III
- CHEM 1000 Chemistry & Well-Being
- CHEM 1110-1111 General Chemistry
- CHEM 1120-1121 General Chemistry
- CHEM 1030 Introduction to Chemistry Survey
- GEOL 1040 - 1041 GEOS: Earth/Society
- GEOL 1050-1051 GEOS: Earth thru Time
- HSCI 2010-2011 Anatomy & Physiology I
- HSCI 2020-2021 Anatomy & Physiology II
- PHYS 1030 Introduction to Physics Survey
- PHYS 2010-2011 Gen. Physics I - Non-calculus
- PHYS 2020-2021 Gen. Physics II - Non-calculus
- PHYS 2110-2111 Tech Physics I - Calculus-Based
- PHYS 2120-2121 Tech Physics II - Calculus-Based

HUMANITIES AND FINE ARTS

3 hours of literature: (choose one)
- ENGL 2030 Literary Heritage
- ENGL 2110 American Literature I
- ENGL 2120 American Literature II
- ENGL 2210 British Literature I
- ENGL 2220 British Literature II
- ENGL 2430 World Literature
- ENGL 2330 World Literature

3 hours of fine or performing arts: (choose one)
- ARTH 2010 Art History Survey I
- ARTH 2020 Art History Survey II
- ARTH 2020 Art History Survey II
- ARTA 1030 Art Appreciation
- BLUE 2150 American Roots Music
- MUSC 1030 Introduction to Music
- MUSC 1035 History of Jazz
- DANC 3500 Dance as Human Experience
- THEA 1030 Introduction to the Theatre
- HUMT 2310 Art & Ideas I
- HUMT 2320 Art & Ideas II

3 hours of humanities electives: (choose one)
- ENGL 3150 Literature, Ethics & Values
- ENGL 3280 Mythology
- ENTC 3020 Technology and Society
- HIST 1110 World History & Civilization to 1500
- HIST 1120 World History & Civilization Since 1500
- PHIL 1030 Introduction to Philosophy
- PHIL 2020 Introduction to Ethics
- PHIL 2040 Philosophy as Conversation
- RELI 2210 Introduction to the Study of Religion
- PHIL 2640 Science & the Modern World

SOCIAL/BEH. SCIENCE - 6 hours: (choose two)
- ANTH 1240 Introduction to Cultural Anthropology
- ECON 1050 Economics & Society
- ECON 2210 Principles of Macroeconomics
- ECON 2220 Principles of Microeconomics
- GEOG 1012 Introduction to Cultural Geography
- HDAL 2310 Developmental Psychology
- HDAL 2340 Understanding Cultural Diversity
- MCOM 1030 Introduction to Mass Communications
- PSCI 1110 Political Life
- PSCI 1120 Introduction to American Government
- PSYC 1310 Introduction to Psychology
- SOCI 1020 Introduction to Sociology
- SOCI 2020 Social Problems & Human Values
- SRVL 1020 Introduction to Service Learning
- WMST 2010 Introduction to Women's Studies

HISTORY - 6 hours
- HIST 2010 U.S. to 1877
- HIST 2020 U.S. since 1877

Note: HIST 2030 (History of Tenn.) (3hrs) may be substituted for 3 credit of U.S. History

MATHEMATICS 3-4 HOURS: (choose one)
- MATH 1530 Probability & Statistics 0 Non-calculus
- MATH 1840 Analytic Geometry & Differential Calculus
- MATH 1910 Calculus I

CSCI 1100 and Intensives are noted on the Major Check Sheet.
COBH 1010 - Lifetime Behaviors for Healthy Living
COBH 2750 - Medical Terminology
COBH 4030 - Community Health
COBH 4607 - Gerontology and Health
SALM 3105 - Recreation Programming
SALM 3220 - Facility Planning and Event Management
SALM 3225 - Marketing Strategies and Public Relations in SALM
SALM 4215 - Social Psychology of Sport and Leisure
SALM 4230 - Fund-Raising in Sports
NTFD 3250 - Nutrition through the Life Cycle
NTFD 3465 - Human Nutrition and Metabolism
PHYS 2010 - General Physics I-Noncalculus
PHYS 2011 - General Physics Laboratory I-Noncalculus
PHYS 2020 - General Physics II-Noncalculus
PHYS 2021 - General Physics Laboratory II-Noncalculus
BIOL 1110 - Biology for Science Majors Lecture I
BIOL 1111 - Biology for Science Majors Laboratory I
BIOL 1120 - Biology for Science Majors Lecture II
BIOL 1121 - Biology for Science Majors Laboratory II
CHEM 1110 - General Chemistry Lecture I
CHEM 1111 - General Chemistry Laboratory I
CHEM 1120 - General Chemistry Lecture II
CHEM 1121 - General Chemistry Laboratory II
HSCI 3030 - Introductory Biochemistry
HSCI 3031 - Introductory Biochemistry Lab
HSCI 3046 - Human Genetics
HSCI 3320 - General Microbiology
HSCI 3321 - General Microbiology Laboratory
HDAL 2310 - Developmental Psychology
HDAL 2340 - Understanding Cultural Diversity
PSYC 4320 - Abnormal Psychology
PHED 1140 - Strength Conditioning
PHED 2100 - Relaxation for Health
SPED 2300 - Exceptional Learners in Schools and Communities
SPED 3445 - Medical Aspects and Applications of Assistive Technology
ALHE 2010 - Introduction to Allied Health