

Student ID: _____
 Student Name: _____
 Advisor Name: _____

Catalog: 2024-2025 Undergraduate Catalog
 Program: Exercise Science, BS/BA

Exercise Science, BS/BA

The Exercise Science option focuses on the anatomy, physiology, biochemistry, and biophysics of human movement with direct application to the fields of physical therapy, occupational therapy, athletic training, and post-undergraduate clinical research and employment.

A student must complete the following requirements in addition to the General Studies requirements. No grade lower than "C-" will satisfy major requirements.

Students wanting to pursue a Bachelor of Arts degree must complete the Additional BA Requirements.

Health, Physical Education, and Recreation Exercise Science Requirements

Health, Physical Education, And Recreation Core Requirements

Course Name	Credit Hours	Term Taken	Grade	Gen Ed
HPER 219 - Techniques of the Olympic Lifts	1 Credit Hours			
HPER 222 - Structural Kinesiology	3 Credit Hours			
HPER 310 - Psychology of Sports & Physical Activities	3 Credit Hours			
HPER 325 - Prevention & Care of Sports Injuries	3 Credit Hours			
HPER 360 - Physiology of Exercise	3 Credit Hours			
HPER 430 - Sports Nutrition	3 Credit Hours			

HPER Core Total: 16

Exercise Science Option

Course Name	Credit Hours	Term Taken	Grade	Gen Ed
BIOL 130 - General Biology	4 Credit Hours			
BIOL 210 - Human Anatomy	4 Credit Hours			
BIOL 312 - Human Physiology	4 Credit Hours			
CHEM 101 - General Chemistry I	4 Credit Hours			
HPER 199 - First Year Seminar in Kinesiology	2 Credit Hours			
HPER 290 - Research Opportunities in Kinesiology	3 Credit Hours			
HPER 419 - Neuromechanics of Human Movement	3 Credit Hours			
HPER 420 - Mechanical Kinesiology	3 Credit Hours			
HPER 433 - Applied Exercise Science	3 Credit Hours			
HPER 434 - Senior Seminar in Kinesiology	3 Credit Hours			
HPER 441 - HPER Internship - HPER Internship Credits / Units: 3				
PHYS 201 - General Physics I	5 Credit Hours			

Option Total: 41

Major Total: 57

Notes:
