

# EXERCISE PHYSIOLOGY, B.S.

## Bachelor of Science in Exercise Physiology

Dr. Yunsuk Koh, Director

Code	Title	Hours
<b>Requirements</b>		
Minimum Requirement		(124)
Residence Requirement – minimum		(60)
Grade point average – minimum of 2.00 (“C”) overall and in the major.		
<b>Basic Requirements</b>		
Chapel – two semesters		0
ENG 2310	American Literary Cultures	3
HIS 1300	The United States in Global Perspective	3
PSC 1387	The U.S. Constitution, Its Interpretation, and the American Political Experience	3
REL 1310	The Christian Scriptures	3
REL 1350	The Christian Heritage	3
<i>Communication and Media Literacy</i>		
CSS 1301	Fundamentals of Public Communication	3
or CSS 1302	Speech for Business and Professional Students	
<i>Contemporary Social Issues</i>		
PSY 1305	Psychological Science: Understanding Human Behavior	3
<i>Fine Arts and Performing Arts (One Course)</i>		
Select 2-3 hours from the Fine Arts and Performing Arts distribution list.		2-3
<i>Foreign Languages and Cultures</i>		
Select 3 hours from the Foreign Languages and Cultures distribution list.		3
<i>Formal Reasoning</i>		
MTH 1320	Precalculus Mathematics	3
or MTH 1321	Calculus I	
<i>Research, Writing, &amp; Literature (Two Courses)</i>		
ENG 1310	Writing and Academic Inquiry Seminars	3
or PWR 3300	Technical Writing	
ENG 2301	British Literature	3
or ENG 2306	World Literature	
<i>Scientific Method I (with Laboratory Experience)</i>		
PHY 1408	General Physics for Natural and Behavioral Sciences I (with Laboratory Experience)	4
<i>Scientific Method II</i>		
CHE 1300	Introductory Chemistry	3
or CHE 1301	Basic Principles of Modern Chemistry I	
Lifetime Fitness		3
<b>Major Requirements</b>		
<i>Human Performance Required Courses</i>		
HP 1420	Human Anatomy	4
HP 1421	Introduction to Human Physiology	4
HP 2306	Anatomical Kinesiology	3

HP 2307	Biomechanics	3
HP 2420	Exercise Physiology	4
HP 3320	Fundamentals of Exercise Biochemistry	3
HP 3330	Research Methods and Design in Exercise Science	3
HP 4352	Exercise and Sport Nutrition	3
HP 4354	Techniques of Strength Training and Conditioning	3
HP 4368	Motor Learning and Development	3
HP 4375	Exercise Prescription in Health and Disease	3
HP 4450	Exercise Testing and Interpretation I	4
HP 4471	Exercise Testing and Interpretation II	4
HP 4369	Sports Psychology	3
HP 4393	Facilities and Equipment in HHPR	3

### *Required Courses in Other Fields*

PHY 1409	General Physics for Natural and Behavioral Sciences II	4
NUTR 2351	Nutrition	3
SOC 1305	Introduction to Sociology	3
PUBH 1145	Health and Human Behavior	1

### *Professional Field Experiences*

HP 4V79	Internship in Human Performance	6
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**Must have current First Aid and CPR certification to enroll in these courses.**

### *Restricted Electives*

Select any three credit hour courses from the approved list of classes. “1000” level one-hour activity courses may not be taken to meet this requirement.	12
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<b>Total Hours</b>	<b>124-125</b>
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