

EXERCISE PHYSIOLOGY, B.S.

Bachelor of Science in Exercise Physiology

Dr. Yunsuk Koh, Director

Degree Requirements

Code	Title	Hours
Minimum Requirement		(124)
Residence Requirement – minimum		(60)
Grade point average – minimum of 2.00 (“C”) overall and in the major.		
General Education Requirements		
Chapel - two semesters		
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 or CSS 1302	Fundamentals of Public Communication Speech for Business and Professional Students	3
<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 or MTH 1321	Precalculus Mathematics Calculus I	3
<i>Research, Writing, & Literature (Two Courses)</i>		
ENG 1310	Research Writing: Writing and Academic Inquiry Seminars	3
ENG 2301 or ENG 2306 or PWR 3300	British Literature World Literature Technical Writing	3
<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 or CHE 1301	Introductory Chemistry Basic Principles of Modern Chemistry I	3
<i>Lifetime Fitness</i>		
Select 3 hours from the Lifetime Fitness Distribution List (https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/#HHDLFIT)		3
Major Requirements		
<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
Note: Must have current First Aid and CPR certification to enroll in HP 4V79		

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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Total Hours 124-125

Restricted Electives for Exercise Physiology Majors

Code **Title** **Hours**

Select twelve hours from any of the following courses.

Please note:

- You must seek approval from the Program Director if you wish to take a course not listed.
- Courses do not need to come from the same group.
- Some courses may have prerequisites.

Strength and Conditioning Elective Options

HP 2341	Prevention and Care of Athletic Injuries	
HP 3382	Risk Management in HHPR	
HP 4370	Successful Coaching	
ENT 3315	Starting and Managing a Business	
MGT 3301	Managing People in Organizations	
RLS 3302	Program Planning in Leisure Services	
RLS 4391	Leisure Service Management	

Nutrition Elective Options

NUTR 1401	Introduction to Food Science	
NUTR 2380	Intro to Food Delivery Systems	
NUTR 3314	Consumer Nutrition	

NUTR 3351	Nutrition Counseling and Education
NUTR 3435	Food Service Production
NUTR 4351	Life Cycle Nutrition
NUTR 4352	World Nutrition
NUTR 4386	Nutrition for Sport and Fitness

Pre-Medical / Pre-Physical Therapy Elective Options

BIO 1305	Modern Concepts of Bioscience
BIO 1105	Modern Concepts of Bioscience Laboratory
BIO 1306	Modern Concepts of Bioscience, continued
BIO 1106	Modern Concepts of Bioscience Laboratory
BIO 2401	Human Anatomy and Physiology of Motion and Innervation
BIO 2402	Human Anatomy and Physiology of Metabolism and Processing
BIO 3322	Human Physiology
BIO 3122	Human Physiology Lab
BIO 4432	General Human Anatomy
CHE 1301	Basic Principles of Modern Chemistry I
CHE 1101	General Chemistry Laboratory I
CHE 1302	Basic Principles of Modern Chemistry II
CHE 1102	General Chemistry Laboratory II
CHE 4341	General Biochemistry
STA 1380	Elementary Statistics
or STA 2381	Introductory Statistical Methods

Additional Pre-Physical Therapy Elective Options

CLA 3381	Medical Terminology
HP 3368	Adapted Human Performance
PSY 3321	Abnormal Psychology
PSY 3341	A Survey of Human Development

Basic Clinical Elective Options

CLA 3381	Medical Terminology
HP 2304	Advanced First Aid
HP 3368	Adapted Human Performance
PUBH 3350	Human Physiology for Allied Health Professionals
PUBH 3351	Epidemiology/Vital Statistics
PUBH 4355	Human Diseases
RLS 4396	Considerations for Diverse Populations in Leisure Programming

Business Elective Options

ACC 2301	Survey of Accounting
or ACC 2303	Financial Accounting
or ACC 2304	Managerial Accounting
BUS 3302	Personal Financial Decisions
ECO 1305	Issues in Economics for Non-Business Majors
ENT 3315	Starting and Managing a Business
MGT 3301	Managing People in Organizations
or MGT 3305	Leadership & Organizational Behavior
MKT 3301	Marketing Concepts
or MKT 3305	Principles of Marketing
MKT 3310	Professional Selling and Communications