

## FLORIDA ATLANTIC UNIVERSITY

*All courses are three (3) credits unless otherwise indicated. Course selections should be made in consultation with an academic advisor.  
All math, GRW, required, and college major courses require a minimum grade of a "C" to pass and cannot be taken pass/fail.*

### EXERCISE SCIENCE & HEALTH PROM. MAJOR (2011 – 2012)

College of Education  
Bachelor of Science (BS) or  
Bachelor of Science in Education (BSE)

#### FOUNDATIONS OF WRITTEN COMMUNICATION (Gordon Rule Writing (GRW), 6 credits required) (A grade of "C" or higher is required in each course)

- \_\_\_ ENC 1101 ..... College Writing I (REQUIRED)
- \_\_\_ ENC 1102+ ..... College Writing II

**THE FOLLOWING COURSES CAN BE SUBSTITUTED FOR ENC 1102:**

- \_\_\_ ANT 1471+ ..... Cultural Difference in a Globalized Society
- \_\_\_ ENC 1930+ ..... University Honors Seminar in Writing (Permit Only)
- \_\_\_ ENC 1939+ ..... Special Topic: College Writing II
- \_\_\_ ENC 2452+ ..... Advanced Composition for Science
- \_\_\_ NSP 1195+ ..... Being Cared For: Reflections from Other Side of Bed

**After completing this section, two additional (GRW) classes are required from two different departments. Choices are available in: Foundations in Global Citizenship and/or Foundations of Creative Expression.**

#### FOUNDATIONS OF SOCIETY & HUMAN BEHAVIOR (6 credits required, select 2 courses from 2 different departments)

**Anthropology Department**

- \_\_\_ ANT 2000 & D ..... Introduction to Anthropology

**Economics Department**

- \_\_\_ ECO 2013# ..... Macroeconomic Principles
- \_\_\_ ECO 2023# ..... Microeconomic Principles
- \_\_\_ ECP 2002 ..... Contemporary Economic Issues

**Political Science Department**

- \_\_\_ POS 2041 ..... Government of the United States

**Psychology Department**

- \_\_\_ PSY 1012 ..... General Psychology (REQUIRED)

**Public Administration Department**

- \_\_\_ PAD 2258 ..... Changing Env. of Soc., Bus., & Government

**Sociology Department**

- \_\_\_ SYG 1000 ..... Sociological Perspectives
- \_\_\_ SYG 2010 ..... Social Problems

**Geosciences Department**

- \_\_\_ EVR 2017 ..... Environment and Society

**Urban & Regional Planning Department**

- \_\_\_ URP 2051 ..... Designing the City

#### FOUNDATIONS OF SCIENCE & THE NATURAL WORLD (8 credits required, select 2 courses from 2 different departments) (Labs and discussions are required)

----- **FOR Science Majors:** -----

**Biology Department**

- \_\_\_ BSC 2085 & L ..... Anatomy & Physiology I (4 credits incl. Lab)  
(REQUIRED)

**Chemistry Department**

- \_\_\_ CHM 2045 & L ..... General Chemistry I (4 credits Incl. Lab)  
(REQUIRED)

**Additional science courses are required.  
Consult with your academic advisor.**

#### FOUNDATIONS OF MATHEMATICS & QUANTITATIVE REASONING (Grade of "C" or higher required. 6 credits required) PRETEST IS REQUIRED BEFORE TAKING YOUR FIRST MATH CLASS **NOTE: Students must take at least one course with the prefix MAC or MGF from the list below**

- \_\_\_ MAC 1105 ..... College Algebra & Lab (REQUIRED)
- \_\_\_ STA 2023 ..... Introductory Statistics (REQUIRED)

**Additional math courses are available upon request.  
Consult with your academic advisor.**

#### FOUNDATIONS IN GLOBAL CITIZENSHIP (Select 2 courses from 2 different departments) (6 credits required. At least 1 course from Global Perspectives)

- **WESTERN IDENTITIES:** -----
- Sociology Department**
- \_\_\_ SYD 2790 ..... Race, Class, Gender, and Sexuality
- Philosophy Department**
- \_\_\_ PHI 2010++ ..... Introduction to Philosophy (GRW)
- History Department**
- \_\_\_ AMH 2010 (P/F) ..... United States History to 1877
  - \_\_\_ AMH 2020 (P/F) ..... United States History Since 1877
- Languages, Linguistics, & Comparative Literature Department**
- \_\_\_ LAS 2002 ..... Intro to Caribbean & Latin American Studies

- **GLOBAL PERSPECTIVES (1 course required):** -----
- Anthropology Department**
- \_\_\_ ANT 2410 ..... Culture and Society
- Geography Department**
- \_\_\_ GEA 2000 & D ..... World Geography
- History Department**
- \_\_\_ WOH 2012 & D++ ..... History of Civilization I (GRW)
  - \_\_\_ WOH 2022 ..... History of Civilization II
- Sociology Department**
- \_\_\_ SYP 2450 ..... Global Society
- Political Science Department**
- \_\_\_ INR 2002 ..... Introduction to World Politics
- Languages, Linguistics, & Comparative Literature Department**
- \_\_\_ LIN 2607 ..... Global Perspectives on Language
- Curriculum, Culture, & Educational Inquiry Department**
- \_\_\_ EDF 2854 ..... Educated Citizen in Global Context
- Social Work Department**
- \_\_\_ SOW 1005 ..... Global Perspectives on Social Services

#### FOUNDATIONS OF CREATIVE EXPRESSION (6 credits req., select 2 courses from 2 different departments)

- Architecture Department**
- \_\_\_ ARC 2208 ..... Culture & Architecture
- Visual Art & Art History Department**
- \_\_\_ ARH 2000 (P/F) ..... Art Appreciation
- School of Communication & Multimedia Studies**
- \_\_\_ FIL 2000 & D ..... Film Appreciation
- English Department**
- \_\_\_ LIT 2010++ ..... Interpretation of Fiction (GRW)
  - \_\_\_ LIT 2030++ ..... Interpretation of Poetry (GRW)
  - \_\_\_ LIT 2040++ ..... Interpretation of Drama (GRW)
- Languages, Linguistics, & Comparative Literature Department**
- \_\_\_ LIT 2100 & D ..... Global Great Books
- Music Department**
- \_\_\_ MUL 2010 ..... History & Appreciation of Music
- Theatre & Dance Department**
- \_\_\_ DAN 2100 ..... Appreciation of Dance
  - \_\_\_ THE 2000 ..... Appreciation of Theatre

**STUDENTS ASSUME RESPONSIBILITY FOR MEETING ALL GRADUATION REQUIREMENTS**

*Course selections should be made in consultation with an advisor*

**Legend**

- +** - ENC 1101 is a prerequisite.
- ++** - Two Foundations of Written Communications classes are required before taking this class.
- #** - Sophomore standing (30 credits earned) is required.
- ◇** - A "B" in CHM 2045 and a grade of "C" or better in ENC 1101 in addition to a co-requisite of CHM 2051C is needed.
- GRW** - (WAC) Writing across the curriculum class.
- D** - A discussion is linked to the lecture. Students must register for the discussion in addition to the lecture.
- L** - A lab is linked to the lecture. Students must register for the lab in addition to the lecture.
- P/F** - Course may be taken pass (P) or fail (F) or for a letter grade. Indicate your preferred grading option during registration.
- ±** - Corequisite of Colleae Algebra (MAC 1105) or a prerequisite of Introductory Chemistry (CHM 1025).

**FOREIGN LANGUAGE (0 - 8 credits, 1 or more courses in the same language) - REQUIRED FOR BS MAJOR ONLY**

Students with more than one year of a foreign language in high school should enroll in the second half of the beginners foreign language class (FOL/FRE/GER/GRE/GRK/HBR/ITA/JPN/LAT/SPN 1121) or a higher level course. Proficiency for a first-level course can be earned by successfully completing a second-level course. For questions related to this requirement, consult an academic advisor. CLEP exam credits meet this requirement: see the catalog.

◆**NOTE:** *Native Speakers of a foreign language must consult the Languages, Linguistics, and Comparative Literature Department regarding this requirement.*

**CLAS:** College Level Academic Skills (CLAS) requirements need to be met prior to graduation. See the university catalog for additional information.

◆**NOTE:** *Honors Seminars SHALL BE ACCEPTED AS MEETING THE GORDON RULE WRITING REQUIREMENT. See the Freshman Academic Advising Services Office for details.*

**Exercise Science/Health Promotion Major**

**NOTE:** *To be admitted to the Exercise Science/Health Promotion program, students must do the following:*

1. Meet the General Admission Requirements.
2. Earn a minimum GPA of 2.0 or higher.
3. Complete or satisfy CLAS requirements.
4. Be programmed by an assigned advisor from the ESHP program.

38 credits	Intellectual Foundations Program
07 – 09 credits	Free Electives (Foreign Language taken for BS count as electives)
13 – 15 credits	Lower-Division College Requirements
<u>60 credits</u>	<u>Upper-Division Requirements</u>
<b>120 CREDITS</b>	<b>TOTAL</b>

CONSULT THE DEPARTMENT FOR OTHER REQUIREMENTS, particularly regarding graduate school preparation

**NOTE:** *See catalog for specific requirements, course descriptions, and additional information. The requirements for some core curriculum and other courses may be satisfied by passing the appropriate AP or CLEP exam. Check with your advisor or college*

Exercise Science/Health Promotion majors are required to have a C or better in all ESHP and all required prerequisite courses. No major course can be taken pass/fail.

## MAJOR COURSES, COLLEGE REQUIREMENTS and ELECTIVES

### LOWER DIVISION COLLEGE REQUIREMENTS (13 – 15 credits)

BSC 2086 & L	Anatomy & Physiology II and Lab (4 credits)
ISM 2000 & L	Information Systems Fundamentals and Lab (3 credits)
HSC 2100	Health & Fitness for Life (2 credits)
HSC 2400	First Aid & CPR* (2 credits)
PEM/PEN	Activity class with a PEM or PEN prefix (1 – 2 credits)
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\*Should be taken no more than a year to a year and a half prior to taking PET4947, Practicum to ensure CPR certification.

### RECOMMENDATIONS

Science (8 credits, 2 courses plus labs)

BCH \_\_\_\_\_ & L Biochemistry and Lab (4 credits) and /or PHY \_\_\_\_\_ & L General Physics and Lab (4 credits)

**Note:** Both Biochemistry and General Physics are recommended for students planning on graduate study.

### FREE ELECTIVES (7 – 9 credits)

Courses in any college, any department, including Education, needed to meet the 120 credits required for graduation.

Upper-division, 4000-level, Exercise Science & Health Promotion course may not be taken until the student has earned 60 credit-hours, a minimum GPA of 2.0. Additionally, students are recommended to postpone 3000 level Upper Division requirements until they have earned 60 credit- hours. ES/HP classes need to be taken in sequence.

UPPER DIVISION- REQUIREMENTS (60 credits)			
Semester 1	Course Name	Course Number	Credits
	Introduction to ESHP	PET 3102	3
	Exercise Physiology*	PET 4351	3
	Exercise Physiology Lab*	PET 4351L	1
	Motor Learning and Control	PET 3050	3
	Nutrition in Health and Exercise	PET 3361	3
	Elective **	PET/HSC	3
<b>Semester 2</b>	Exercise Leadership 1*	PEP 3192	3
	Exercise Leadership 2*	PEP 3196	3
	Fitness Assessment and Exercise Prescription*	PET 4551	3
	Exercise Testing*	PET 4550	3
	Exercise Testing Lab*	PET 4550L	1
	Kinesiology*	PET C4330	4
	*Practicum Prerequisites		
<b>Semester 3</b>	Practicum in ESHP	PET 4947	3
	Advanced Methods in Strength and Conditioning	PEP 4136	3
	Electives (2)**	PET/HSC	6
	Health Promotion	HSC 4581	3
<b>Semester 4</b>	Management Principles in ESHP	PET 4404	3
	Internship in ESHP	PET 4946	9
	<b>**Electives: 9 hours</b>		3192
	Exercise Test and Pres./Special Pops	PET 4552	3
	Exercise and the Older Adult	PET 4402	3
	Biomechanics	PET 4340C	3
	Stress Management	HSC 4104	3
	Substance Abuse	HSC 4143	3
	Weight Management	HSC 4139	3
	Perspectives in Health and Wellness	HSC 3102	3
	Dir. Indep. Study (Fac. Supv. Req.)	PET 4905	1 to 3
	Other (MUST be approved –ESHP Advisor		
		Total	60 Credit hours

1. All coursework, including pre-professional requirements, must be completed with a C or higher.
2. All coursework, except for one course, must be completed prior to internship. Internship is taken in student's last semester.
3. Student must complete 120 hours prior to graduation. Submit graduation application on time. Must have 2.0 GPA overall to graduation.
4. Meet with assigned ESHP advisor before registering for any classes each semester.
5. College of Education requirements, pre-professional requirements, and practicum prerequisites must be completed prior to practicum.
6. Student must submit an application for Practicum and Internship before the semester prior to that course(s). Check department for deadlines.
7. Student must have current professional liability insurance during internship. See internship coordinator for specific information.