EXERCISE SCIENCE and HEALTH PROMOTION MAJOR (2015-2016)

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

FOUNDATIONS OF WRITTEN COMMUNICATION
(6 credit hours required – Writing Across the Curriculum - WAC)
Grade of “C” or higher is required in each course
___ ENC 1101 ...... College Writing I (REQUIRED)
___ ENC 1102 ...... College Writing II +
THE FOLLOWING COURSES BELOW MAY BE SUBSTITUTED FOR ENC 1102:

English Department
___ ENC 1930+ .... University Honors Seminar in Writing (Permit Only)
___ ENC 1939+ .... Special Topic: College Writing
___ ENC 2452+ .... Honors Composition for Science

Anthropology Department
___ ANT 1471+ .... Cultural Difference in a Globalized Society

History Department
___ HIS 2050+ .... Writing History: The American Revolution

Nursing Department (Department Permission Required)
___ NSP 1195+ .... Being Cared For: Reflections from Other Side of Bed

Note: Students must take four Writing-Across-the-Curriculum (WAC) courses, two of which must be taken from Foundations of Written Communication.

FOUNDATIONS OF SCIENCE & THE NATURAL WORLD
(6 credit hours required - One of the courses must have a lab)
Student must take two of the following courses, one must be from group A. The second course may be from group A or group B.

Group A

Biology Department
___ BSC 1005 & L ...... Life Science (3 credits including Lab)
___ BSC 1010 & L & D ...... Biological Principles (4 credits including Lab & Dis)
___ BSC 2085 & L ...... Anat. & Physiology 1 (4 cr w/Lab) * (REQUIRED)

Chemistry Department
___ CHM 1020C .......... Contemporary Chemical Issues
___ CHM 2045 & L ...... General Chemistry 1 (4 cr w/Lab) ‡ (REQUIRED)

Geosciences Department
___ ESC 2000 ............. Blue Planet (online course)
___ EVR 1001 .......... Environmental Science and Sustainability

Physics Department
___ AST 2002 .......... Introduction to Astronomy (P/F)
___ PHY 2048 & L ...... General Physics 1 (5 credits including Lab) **
___ PHY 2053 .......... College Physics 1 (4 credits) ***

Group B

Anthropology Department
___ ANT 2511 & L ...... Intro to Biological Anthropology (4 cr. Incl. Lab)

Biology Department
___ BSC 1011 & L & D ...... Biodiversity (4 cr. including Lab & Discussion)

Chemistry Department
___ CHM 2032 & L ...... Chem. for Health Sciences (4 cr. including Lab)
___ CHM 2033 .......... Chemistry in Modern Life (P/F)

Engineering Dean Department
___ ETG 2831 .......... Nature: Inter. of Sci., Eng., & the Humanities

Geosciences Department
___ GLY 2010C .......... Physical Geology (4 cr. including Lab)
___ GLY 2100 .......... History of Earth and Life
___ MET 2010 & D ...... Weather and Climate

Physics Department
___ PSC 2121 .......... Physical Science

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

FOUNDATIONS OF MATHEMATICS & QUANTITATIVE REASONING
(6 credit hours required – Grade of “C” or higher is required)
Student must take two of the following courses, one must be from group A. The second course may be from group A or group B.

PRETEST IS REQUIRED BEFORE TAKING YOUR FIRST MATH COURSE

Group A
___ MGF 1106 .......... Math for Liberal Arts 1
___ MGF 1107 .......... Math for Liberal Arts 2
___ MAC 1105 .......... College Algebra (REQUIRED)
___ STA 2023 .......... Introductory Statistics (REQUIRED)
___ MAC 2311 .......... Calculus with Analytic Geometry 1 (4 credits)
or any mathematics course for which one of the above courses is the direct prerequisite

Group B
___ MAC 1140 .......... Precalculus Algebra
___ MAC 1114 .......... Trigonometry
___ MAC 1147 .......... Precalculus Algebra & Trigonometry (5 credits)
___ MAC 2233 .......... Methods of Calculus
___ MAC 2312 .......... Calculus with Analytic Geometry 2 (4 credits)

Physics Department
___ PHI 2102 .......... Logic

Note: Students must take at least one course with the prefix MAC or MGF.

FOUNDATIONS OF SOCIETY & HUMAN BEHAVIOR
(6 credit hours required)
Student must take two of the following courses, one must be from group A. The second course may be from group A or group B.

Group A

History Department
___ AMH 2020 & D ...... United States History Since 1877 (P/F)

Anthropology Department
___ ANT 2000 .......... Introduction to Anthropology

Economics Department
___ ECO 2013 .......... Macroeconomic Principles §

Political Science Department
___ POS 2041 .......... Government of the United States

Psychology Department
___ PSY 1012 .......... Introduction to Psychology (REQUIRED)

Sociology Department
___ SYG 1000 .......... Sociological Perspectives

Group B

History Department
___ AMH 2010 & D ...... United States History to 1877 (P/F)

Economics Department
___ ECO 2023 .......... Microeconomic Principles §
___ ECP 2002 .......... Contemporary Economic Issues

Exceptional Student Education Department
___ EEX 2091 .......... Disability and Society

Geosciences Department
___ EVR 2017 .......... Environment and Society

Public Administration Department
___ PAD 2258 .......... Changing Environment of Soc., Bus., & Gov’t

Sociology Department
___ SYD 2790 .......... Race, Class, Gender, and Sexuality
___ SYG 2010 .......... Social Problems

Urban & Regional Planning Department
___ URP 2051 .......... Designing the City
Students must attain grades of ‘C’ or higher. 12 credits of writing (WAC) and 6 credits of mathematics are required. Please note: Students must take four (4) WAC courses. Two (2) courses are to be taken from Foundations of Written Communication. We strongly recommend the two additional WAC courses come from these courses: PHI 2010, WOH 2012, LIT 2010, LIT 2030, LIT 2040 and LIT 2070. See advisor for additional details.

**Legend**

- ENC 1101 is a prerequisite.
- Two Foundations of Written Communications classes are required before taking this course.
- Sophomore standing (30 credits earned) is a requirement to take this course.
- Nursing majors are required to take this course in their first semester.
- MAC 2311 is a prerequisite for this course. If a lab is needed, then take General Physics 1 Lab (PHY 2048 Lab).
- MAC 1105 and MAC 1114 are prerequisites for this course. If a lab is needed, then take General Physics 1 Lab (PHY 2048 Lab).
- Co-requisite of College Algebra (MAC 1105) or a prerequisite of Introductory Chemistry (CHM 1025).
- (WAC) Writing across the curriculum course.

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

Course selections should be made in consultation with an academic advisor.

**Foundations in Global Citizenship**

<table>
<thead>
<tr>
<th>Department</th>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>Anthropology Department</td>
<td>ANT 2410</td>
<td>Culture and Society</td>
</tr>
<tr>
<td>Curriculum, Culture &amp; Education Department</td>
<td>EDF 2854</td>
<td>Educated Citizen in Global Context</td>
</tr>
<tr>
<td>Geosciences Department</td>
<td>GEA 2000</td>
<td>World Geography</td>
</tr>
<tr>
<td>Political Science Department</td>
<td>INR 2002</td>
<td>Introduction to World Politics</td>
</tr>
<tr>
<td>Languages, Linguistics, &amp; Comparative Literature Department</td>
<td>LAS 2000</td>
<td>Intro to Caribbean &amp; Latin American Studies</td>
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<tr>
<td></td>
<td>LIN 2607</td>
<td>Global Perspectives on Language (online course)</td>
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<tr>
<td>Sociology Department</td>
<td>SYP 2450</td>
<td>Global Society</td>
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<tr>
<td>Social Work Department</td>
<td>SOW 1005</td>
<td>Global Perspectives of Social Services</td>
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<tr>
<td>History Department</td>
<td>WOH 2012 &amp; D</td>
<td>History of Civilization 1 (WAC) ++</td>
</tr>
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<td>WOH 2022</td>
<td>History of Civilization 2</td>
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**Foundations of Humanities**

<table>
<thead>
<tr>
<th>Department</th>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>Visual Art &amp; Art History Department</td>
<td>ARH 2000</td>
<td>Art Appreciation (P/F)</td>
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<tr>
<td>Music Department</td>
<td>MUL 2010</td>
<td>Music Appreciation</td>
</tr>
<tr>
<td>Philosophy Department</td>
<td>PHI 2010 &amp; D</td>
<td>Introduction to Philosophy (WAC) ++</td>
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<tr>
<td>Theatre &amp; Dance Department</td>
<td>THE 2000</td>
<td>Theatre Appreciation</td>
</tr>
<tr>
<td>Architecture Department</td>
<td>ARC 2208</td>
<td>Culture &amp; Architecture</td>
</tr>
<tr>
<td>Theatre &amp; Dance Department</td>
<td>DAN 2100</td>
<td>Appreciation of Dance</td>
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<tr>
<td>School of Communication &amp; Multimedia Studies</td>
<td>FIL 2000 &amp; D</td>
<td>Film Appreciation</td>
</tr>
<tr>
<td>Languages, Linguistics, &amp; Comparative Literature Department</td>
<td>LIT 2100</td>
<td>Introduction to World Literature</td>
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<tr>
<td>English Department</td>
<td>LIT 2010</td>
<td>Interpretation of Fiction (WAC) ++</td>
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<td></td>
<td>LIT 2030</td>
<td>Interpretation of Poetry (WAC) ++</td>
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<td></td>
<td>LIT 2040</td>
<td>Interpretation of Drama (WAC) ++</td>
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<tr>
<td></td>
<td>LIT 2070</td>
<td>Interpretation of Creative Nonfiction (WAC) ++</td>
</tr>
</tbody>
</table>

**P/F**

Certain designated undergraduate courses may be taken for a letter grade of pass (P) or fail (F). Students must indicate the grade option preferred when registering; otherwise, a letter grade will be given. The maximum credit available to any student on the P/F option is one course per term with a maximum of 12 credits during a student’s entire course of study. This option is not available for courses in the student’s major, for students on probation, or for Engineering majors.

**Go to MyFAU to:**
- Check e-mail
- See FAU Announcements
- FAU Self-Service:
  - Course schedules
  - Registration (drop/add classes) and withdrawals
  - Student records and financial aid
  - Tuition payments
  - The University Course Catalog

http://myfau.fau.edu

**Elective Credits**

The number of elective credits allowed varies by major. Please consult with an academic advisor to determine the number of elective credits required for your major. Certain majors do not allow any electives.
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 (ARA/CHI/FRE/GER/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.
* All students must meet the Admissions Foreign Language requirement.

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

NOTE: Honors Seminars SHALL BE ACCEPTED AS MEETING THE WAC/GRW REQUIREMENT. See the University Advising Services Office for details.

<table>
<thead>
<tr>
<th>Credits</th>
<th>Requirement</th>
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<tbody>
<tr>
<td>38</td>
<td>Intellectual Foundations Program</td>
</tr>
<tr>
<td>07 – 09</td>
<td>Free Electives (Foreign Language taken for BS count as electives)</td>
</tr>
<tr>
<td>13 – 15</td>
<td>Lower-Division College Requirements</td>
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<tr>
<td>60</td>
<td>Upper-Division Requirements</td>
</tr>
<tr>
<td>120</td>
<td>TOTAL</td>
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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 and complete 60 credit hours.
3. Complete FAU’s Intellectual Foundations Program or an AA Degree from a Florida State University or College.
4. Complete required ESHP prerequisites
5. Be programmed by an assigned advisor from the ESHP program.

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 PRE-PROFESSIONAL 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)
- PEM/PEN Activity class with a PEM or PEN prefix (1 – 2 credits)

*Should be taken no more than a year to a year and a half prior to taking PET4947, Practicum to ensure CPR certification.

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. ESHP classes need to be taken in sequence.

UPPER DIVISION- REQUIREMENTS (60 credits)

<table>
<thead>
<tr>
<th>Term</th>
<th>Course Name</th>
<th>Course Prefix &amp; Number</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Semester 1</td>
<td>Introduction to ESHP</td>
<td>PET 3102</td>
<td>3</td>
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<tr>
<td></td>
<td>Exercise Physiology*</td>
<td>APK4110</td>
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<tr>
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<td>Exercise Physiology Lab*</td>
<td>APK4110L</td>
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<td>Neurophysiology of Human Movement</td>
<td>PET 3050</td>
<td>3</td>
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<td></td>
<td>Nutrition in Health and Exercise</td>
<td>PET 3361</td>
<td>3</td>
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<td>Elective **</td>
<td>PET/HSC</td>
<td>3</td>
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<tr>
<td>Semester 2</td>
<td>Exercise Leadership 1*</td>
<td>PEP 3192</td>
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<tr>
<td></td>
<td>Exercise Leadership 2*</td>
<td>PEP 3196</td>
<td>3</td>
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<td></td>
<td>Fitness Assessment and Exercise Prescription*</td>
<td>PET 4551</td>
<td>3</td>
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<tr>
<td></td>
<td>Exercise Testing*</td>
<td>PET 4550</td>
<td>3</td>
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<tr>
<td></td>
<td>Exercise Testing Lab*</td>
<td>PET 4550L</td>
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<tr>
<td></td>
<td>Kinesiology*</td>
<td>PET 4330C</td>
<td>4</td>
</tr>
</tbody>
</table>

*Practicum Prerequisites

| Semester 3      | 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       |

| Semester 4      | Management Principles in ESHP         | PET 4404               | 3       |
|                 | Internship in ESHP                   | PET 4946               | 9       |

**Electives: 9 hours total

|                | 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       |
|                | Directed Independent Study (Fac. Supervision Required) | 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. Internship is taken the student's last semester. Students may take one course along with internship. All other coursework must be completed prior to internship.
3. Student must completer 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.