### EXERCISE SCIENCE and HEALTH PROMOTION MAJOR (2019-2020)

#### 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

*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 2 of the following courses; 1 must be from group A. The second course may be from group A or group B.

**Group A**

- **Biology Department**
  - **BSC 2085 & L**(REQUIRED)
  - **Anatomy & Physiology 1** (4 cr. Incl. Lab) *

- **Chemistry Department**
  - **CHM 2045 & L**(REQUIRED)
  - **General Chemistry 1** (4 cr. Incl. Lab) *

- **Physics Department**
  - **PHY 2048 & L**
    - **General Physics 1** (5 credits incl. Lab) **
  - **PHY 2053**
    - **College Physics 1** (4 credits)

**Group B**

- **Biology Department**
  - **BSC 1011 & L & D**
    - **Biodiversity** (4 cr. incl Lab & Dis)

- **Chemistry Department**
  - **CHM 2032 & L**
    - **Chem. for Health Sciences** (4 credits including Lab)

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

- **(D) = Discussion, (L) = Lab** Courses indicating a (D) or (L) are linked with a lecture, a lab, and/or a discussion. If you select one of these courses, you must register for the lecture, lab, and/or discussion. You **must** attend the lecture, lab, and/or discussion.

#### Foundations of Mathematics & Quantitative Reasoning
(6 credit hours required – Grade of "C" or higher is required)
Student must take 2 of the following courses; 1 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 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 2210**...Intro Calculus w/Applications (4 credits) *(Permit Only)*
- **MAC 2233**...Methods of Calculus
- **MAC 2312**...Calculus with Analytic Geometry 2 (4 credits)

**Philosophy Department**

- **PHI 2102**...Logic

### Foundations of Society & Human Behavior
(6 credit hours required)
Student must take 2 of the following courses; 1 must be from group A. The second course may be from group A or group B.

**Group A**

- **History Department**
  - **AMH 2010 & D**...United States History Since 1877 *(P/F)* *(RECOMMENDED)*
  - **AMH 2020 & D**...United States History To 1877 *(P/F)* *(RECOMMENDED)*

- **Anthropology Department**
  - **ANT 2000 & D**...Introduction to Anthropology

- **Economics Department**
  - **ECO 2013**...Macroeconomic Principles §

- **Political Science Department**
  - **POS 2041**...Government of the United States *(RECOMMENDED)*

- **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)* *(RECOMMENDED)*

- **Economics Department**
  - **ECO 2033**...Microeconomic Principles §

- **Public Administration Department**
  - **URP 2051**...Designing the City

- **English Department**
  - **EEX 2091**...Disability and Society

- **Geosciences Department**
  - **EVR 2017**...Environment and Society

- **Languages, Linguistics, & Comparative Literature Department**
  - **LINC 2001**...Introduction to Language *(online course)*

- **Exceptional Student Education Department**
  - **EEX 2091**...Disability and Society

- **Geosciences Department**
  - **EVR 2017**...Environment and Society

- **Languages, Linguistics, & Comparative Literature Department**
  - **LINC 2001**...Introduction to Language *(online course)*

- **Public Administration Department**
  - **URP 2051**...Designing the City
STUDENTS ASSUME RESPONSIBILITY FOR MEETING ALL GRADUATION REQUIREMENTS

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

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 - (WAC) Writing across the curriculum course.

§ Writing Across the Curriculum (WAC)/Gordon Rule

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.

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.

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.

(D) = Discussion, (L) = Lab

Courses indicating a (D) or (L) are linked with a lecture, a lab, and/or a discussion. If you select one of these courses, you must register for the lecture, lab, and/or discussion. You must attend the lecture, lab, and/or discussion.
FOREIGN LANGUAGE (4 - 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.

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 GORDON RULE WRITING REQUIREMENT. See the University Advising Services Office for details.

<table>
<thead>
<tr>
<th>Credits</th>
<th>Requirement</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>60</td>
<td>Upper-Division Requirements</td>
</tr>
<tr>
<td>120</td>
<td>TOTAL</td>
</tr>
</tbody>
</table>

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)

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.

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

*Practicum Prerequisites

<table>
<thead>
<tr>
<th>Term</th>
<th>Course Name</th>
<th>Course Prefix &amp; Number</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester 3</td>
<td>Practicum in ESHP (optional)</td>
<td>PET 4947</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Advanced Methods in Strength and Conditioning</td>
<td>PEP 4136</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Electives: (2) **</td>
<td>PET/HSC</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Health Promotion</td>
<td>HSC 4581</td>
<td>3</td>
</tr>
<tr>
<td>Semester 4</td>
<td>Management Principles in ESHP</td>
<td>PET 4404</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Internship in ESHP</td>
<td>PET 4946</td>
<td>9</td>
</tr>
</tbody>
</table>

**Electives: 9 hours total

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Prefix &amp; Number</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Test and Pres./Special Pops</td>
<td>PET 4552</td>
<td>3</td>
</tr>
<tr>
<td>Exercise and the Older Adult</td>
<td>PET 4402</td>
<td>3</td>
</tr>
<tr>
<td>Biomechanics</td>
<td>PET 4340C</td>
<td>3</td>
</tr>
<tr>
<td>Stress Management</td>
<td>HSC 4104</td>
<td>3</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>HSC 4143</td>
<td>3</td>
</tr>
<tr>
<td>Weight Management</td>
<td>HSC 4139</td>
<td>3</td>
</tr>
<tr>
<td>Perspectives in Health and Wellness</td>
<td>HSC 3102</td>
<td>3</td>
</tr>
<tr>
<td>Directed Independent Study (Fac. Supervision Required)</td>
<td>PET 4905</td>
<td>1 to 3</td>
</tr>
<tr>
<td>Other (MUST be approved – ESHP Advisor)</td>
<td>PET/HSC</td>
<td>1 to 3</td>
</tr>
</tbody>
</table>

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 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.