EXERCISE SCIENCE and HEALTH PROMOTION MAJOR (2020-2021)

FOUNDATION 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 1939 +.....Special Topic: College Writing
___ ENC 2452 +....Honors Composition for Science

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.

FOUNDATION 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
(5 credits incl. Lab) **

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.

FOUNDATION OF SCIENCE & THE NATURAL WORLD
(For Non-College Engineering & Computer Science majors)

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

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

Economics Department
___ ECO 2023 ............. Microeconomic 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

FOURTH YEAR

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

Economics Department
___ ECO 2023 ............. Microeconomic Principles §

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

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

Languages, Linguistics, & Comparative Literature Department
___ LIN 2001 ............. Introduction to Language (online course)

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

Sociology Department
___ SYG 2010 ............ Social Problems

Urban & Regional Planning Department
___ URP 2051 ............ Designing the City

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

FLORIDA ATLANTIC UNIVERSITY – INTELLECTUAL FOUNDATION PROGRAM 2020 – 2021
All courses are three (3) credits unless otherwise indicated. Course selections should be made in consultation with an academic advisor.

College of Science
Bachelor of Science (BS)
### FOUNDATIONS IN GLOBAL CITIZENSHIP

(6 credit hours required)

Student must choose two (2) courses from among the following:

**Anthropology Department**
- ___ ANT 2410 .......... Culture and Society

**Curriculum, Culture & Education Department**
- ___ EDF 2854 .......... Educated Citizen in Global Context

**Geosciences Department**
- ___ GEA 2000 .......... World Geography *(RECOMMENDED)*

**Political Science Department**
- ___ INR 2002 .......... Introduction to World Politics

**Languages, Linguistics, & Comparative Literature Department**
- ___ LAS 2000 .......... Intro to Caribbean & Latin American Studies
- ___ LIN 2607 .......... Global Perspectives on Language

**Sociology Department**
- ___ SYP 2450 .......... Global Society

**Social Work Department**
- ___ SOW 1005 .......... Global Perspectives of Social Services

**History Department**
- ___ WOH 2012 & D...... History of Civilization 1 *(WAC) ++ (RECOMMENDED)*
- ___ WOH 2022 .......... History of Civilization 2

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

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

### FOUNDATIONS OF HUMANITIES

(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**

**Visual Art & Art History Department**
- ___ ARH 2000 .......... Art Appreciation *(P/F)*

**Music Department**
- ___ MUL 2010 .......... Music Appreciation

**Philosophy Department**
- ___ PHI 2010 & D ...... Introduction to Philosophy *(WAC) ++*

**Theatre & Dance Department**
- ___ THE 2000 .......... Theatre Appreciation

**Group B**

**Architecture Department**
- ___ ARC 2208 .......... Culture & Architecture

**Theatre & Dance Department**
- ___ DAN 2100 .......... Appreciation of Dance

**School of Communication & Multimedia Studies**
- ___ FIL 2000 & D ....... Film Appreciation

**Languages, Linguistics, & Comparative Literature Department**
- ___ LIT 2100 .......... Introduction to World Literature

**English Department**
- ___ LIT 2010 .......... Interpretation of Fiction *(WAC) ++*
- ___ LIT 2030 .......... Interpretation of Poetry *(WAC) ++*
- ___ LIT 2040 .......... Interpretation of Drama *(WAC) ++*
- ___ LIT 2070 .......... Interpretation of Creative Nonfiction *(WAC) ++*

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### 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.
* - MAC 2311 is a prerequisite for this course.
** - MAC 2233 is the prerequisite 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.

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### 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: ANT 2000, PHI 2010, WOH 2012, LIT 2010, LIT 2030, LIT 2040 and LIT 2070. See advisor for additional details.

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### 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.

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**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.

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**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

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https://myfau.fau.edu
FOREIGN LANGUAGE (4 - 8 credits, 1 or more courses in the same language) - **REQUIRED FOR MAJOR**

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>
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<tr>
<td>60</td>
<td>Upper-Division Requirements</td>
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<td>120</td>
<td>TOTAL</td>
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</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)
- 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.
**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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<td></td>
<td>Exercise Physiology*</td>
<td>APK4110</td>
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<tr>
<td></td>
<td>Exercise Physiology Lab*</td>
<td>APK4110L</td>
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<td>Perspectives in Health and Wellness</td>
<td>HSC 3102</td>
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<td></td>
<td>Nutrition in Health and Exercise</td>
<td>PET 3361</td>
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<td></td>
<td>Elective (see below)**</td>
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<td>Semester 2</td>
<td>Exercise Leadership 1*</td>
<td>PEP 3192</td>
<td>3</td>
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<td>Health Promotion</td>
<td>HSC 4581</td>
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<td></td>
<td>Exercise Physiology II</td>
<td>APK 4134</td>
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<td></td>
<td>Exercise Testing*</td>
<td>PET 4550</td>
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<tr>
<td></td>
<td>Exercise Testing Lab*</td>
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<td><strong>Practicum Prerequisites</strong></td>
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<td>Semester 3</td>
<td>Elective (see below)**</td>
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<td>Semester 4</td>
<td>Neurophysiology of Human Movement</td>
<td>PET 3050</td>
<td>3</td>
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<td></td>
<td>Applications of Training Physiology II</td>
<td>PEP 4138</td>
<td>3</td>
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<td></td>
<td>Biomechanics</td>
<td>PET 4340C</td>
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<tr>
<td></td>
<td>Elective (see below)**</td>
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<td></td>
<td>Elective (see below)**</td>
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<td>3</td>
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<td>Semester 5</td>
<td>ESHP Elective (see below) or PEP 4138 or PET 3050</td>
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<td>3</td>
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<td></td>
<td>Internship in ESHP</td>
<td>PET 4946</td>
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**ESHP Electives: Choose 5 courses: minimum 15 hours**

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<th>Credits</th>
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<th>Course #</th>
<th>Credits</th>
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<td>Biological Principles</td>
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<td>Genetics</td>
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<td>Biodiversity</td>
<td>BSC 1011</td>
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<td>Exercise Leadership 2</td>
<td>PEP 3136</td>
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<tr>
<td>General Chemistry 2</td>
<td>CHM 2046</td>
<td>3</td>
<td>Tactical Strength and Conditioning (TSAC)</td>
<td>PET 4093</td>
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<tr>
<td>Organic Chemistry 1</td>
<td>CHM 2210</td>
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<td>Obesity</td>
<td>PET 4263</td>
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<td>Organic Chemistry 2</td>
<td>CHM 2211</td>
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<td>Kinesiology</td>
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<td>Abnormal Psychology</td>
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<td>3</td>
<td>Management Principles</td>
<td>PET 4404</td>
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<td>Psychology of Human Development</td>
<td>DEP 3053</td>
<td>3</td>
<td>Fitness Assessment</td>
<td>PET 4551</td>
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<td>Medical Terminology</td>
<td>HSA 3534</td>
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<td>DIS</td>
<td>PET 4905</td>
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<td>Stress Management</td>
<td>HSC 4104</td>
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<td>Special Topics</td>
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<td>Sexual Health</td>
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<td>Practicum</td>
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<td>Substance Abuse</td>
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<td>Methods of Calculus</td>
<td>MAC 2233</td>
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<td>Sociology Perspective</td>
<td>SYG 1000</td>
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</tbody>
</table>

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.