
Program Brief

EXERCISE SCIENCE AND HEALTH PROMOTION (ESHP) DEPARTMENT

Florida Atlantic University College of Education

PRE-REQUISITES (complete prerequisites prior to entering ESHP program)

BSC 2085	ANATOMY & PHYSIOLOGY 1	(3 CREDITS)
BSC 2085L	LAB	(1 CREDIT)
BSC 2086	ANATOMY & PHYSIOLOGY 2	(3 CREDITS)
BSC 2086L	LAB	(1 CREDIT)
ISM 2000	INFORMATION SYSTEMS FUNDAMENTALS	(3 CREDITS)
CHM 2045	GENERAL CHEMISTRY 1	(3 CREDITS)
CHM 2045L	LAB	(1 CREDIT)
HSC 2100	HEALTH & FITNESS FOR LIFE	(2 CREDITS)
MAC 1105	COLLEGE ALGEBRA OR HIGHER	(3 CREDITS)
PSY 1012	GENERAL PSYCHOLOGY	(3 CREDITS)
STA 2023	STATISTICS	(3 CREDITS)
HSC 2400	FIRST AID & CPR	(2 CREDITS)
PEM/PEN COURSES	TWO SEPARATE ACTIVITY CLASSES	(1 TO 2 CREDITS EACH)

UNDERGRADUATE PROGRAM (check FAU catalog for prerequisites for following courses)

PET 3050	MOTOR LEARNING & CONTROL	(3 CREDITS)
PET 3102	INTRODUCTION TO EXERCISE SCIENCE	(3 CREDITS)
PET 3361	NUTRITION IN HEALTH & EXERCISE	(3 CREDITS)
PET 4351	EXERCISE PHYSIOLOGY	(3 CREDITS)
PET 43451L	EXERCISE PHYSIOLOGY LAB	(1 CREDIT)
* ONE ELECTIVE	Choose from list below	(3 CREDITS)

PEP 3192	EXERCISE LEADERSHIP 1	(3 CREDITS)
PEP 3136	EXERCISE LEADERSHIP 2	(3 CREDITS)
PET 4330C	KINESIOLOGY	(4 CREDITS)
PET 4550C	EXERCISE TESTING	(3 CREDITS)
PET 4550L	EXERCISE TESTING LAB	(1 CREDIT)
PET 4551	FITNESS ASSESSMENT & EXERCISE PRESCRIPTION	(3 CREDITS)

HSC 4581	HEALTH PROMOTION	(3 CREDITS)
**PET 4947	PRACTICUM	(3 CREDITS)
PEP 4136	ADVANCED STRENGTH & CONDITIONING	(3 CREDITS)
*TWO ELECTIVES	Choose from elective list below	(6 CREDITS)

PET 4404	MANAGEMENT PRINCIPLES	(3 CREDITS)
**PET 4946	INTERNSHIP	(9 CREDITS)

***ELECTIVES – CHOOSE THREE** (SEE ESHP ADVISOR FOR OTHER POSSIBLE ELECTIVES) **(9 CREDITS)**

HSC 3102	PERSPECTIVES IN HEALTH
PET 4402	EXERCISE PROGRAMMING FOR OLDER ADULTS
PET 4552	EX. TESTING & PRESCRIPTION FOR SPECIAL POPULATIONS
PET 4340C	BIOMECHANICS
HSC 4104	STRESS MANAGEMENT
HSC 4143	SUBSTANCE ABUSE
HSC 4139	WEIGHT MANAGEMENT

****Instructor approval and completion of the majority of ESHP coursework**

Note 1: The program Brief provides general information only. All students should meet with a COE advisor and an ESHP advisor each semester, plus obtain and read the University Catalog and the University Student Handbook.

Note 2: Because of funding uncertainties and schedules, the course offerings are never guaranteed from semester to semester.

FAU ESHP UNDERGRADUATE (Courses w/ prerequisites)

<u>Course</u>	<u>Number</u>	<u>Preq.</u>		<u>Actual Prerequisite(s)</u>		
Introduction to ESHP	PET 3102	3	N			
Motor Learning/Control	PET 3050	3	Y	A & P 1 & 2/Labs	General Psychology	
Nutrition in Health/Exercise	PET 3361	3	N			
Exercise Physiology	PET 4351	3	Y	A & P 1 & 2/Labs	General Chemistry/Lab	Health Fitness/Life
Exercise Physiology Lab	PET 4351L	1	Y	A & P 1 & 2/Labs	General Chemistry/Lab	Health Fitness/Life
Exercise Leadership 1	PEP 3192	3	Y	Health Fitness/Life General Psychology	Exer. Phys. with Lab	
Exercise Leadership 2	PEP 3136	3	Y	Health Fitness/Life General Psychology	Exer. Phys with Lab	
Kinesiology	PETC 4330	3	Y	A & P 1 & 2/Labs		
Exercise Testing	PET 4550	3	Y	Exer. Phys. with Lab	Exercise Leadership I	Co-requisite Testing Lab
Exercise Testing Lab	PET 4550	1	Y	Co-requisite with Exercise Testing		
Fitness Assessment and Exercise Prescription	PET 4551	3	Y	Exer. Phys. with Lab	Health Fitness/Life	
Practicum	PET 4947	3	Y	Exer. Phys./Lab, Testing, Prescription	Adv. First Aid Intro to ESHP	All ESHP prerequisites
Advanced Methods S/C	PET 4136	3	Y	Exercise Leadership 2	Exer. Phys with Lab	
Management in ESHP	PET 4404	3	Y	Introduction to ESHP		
Health Promotion	HSC 4581	3	Y	Health Fitness/Life		
Internship	PET 4946	9	Y	All Practicum prerequisites	Final semester of coursework	
Electives (choose 3)	PET 4552 PET 4402 PET 4340C HSC 3102 HSC 4104 HSC 4143 HSC 4139	9		See FAU Catalog for each course's specific prerequisite if any. Most courses are taken at junior level or higher.		
	<u>Total</u>	60				

Note 1: A grade of C or higher must be obtained for each prerequisite and all ESHP courses.

Note 2: Use this page as a reference, but check the FAU catalog for most current information.

Note 3: Because of funding uncertainties and schedules, the course offerings are never guaranteed from semester to semester.