Florida Atlantic University - Exercise Science & Health Promotion 2026-2027

Students must take 2 of the following courses, 1 must be from group A. The second course may be in group A or group B.

I. Communication

(Group A)

ENC 1101	College Writing I **(WAC)**

Students must complete ENC 1101 and ENC 1102 (or one of the approved substitutes for ENC 1102) with a grade of "C" or higher in each course.

(Group B)

ENC 1102	College Writing II **(WAC)** +
ENC 2135	Research and the Writing Process **(WAC)** + Ω
HIS 2050	Writing History **(WAC)** +
SPC 2608	Public Speaking (non-WAC) **non-substitute**

II. Humanities

(Group A)

ARH 2000	Art Appreciation
HUM 2020	Introduction to Humanities
LIT 2000	Introduction to Literature **(WAC)**
MUL 2010	Music Appreciation
PHI 2010 & D	Introduction to Philosophy **(WAC)** ++
THE 2000	Theatre Appreciation

(Group B)

ARC 2208	Culture & Architecture
ARH 2050	History of Art 1
ARH 2051	History of Art 2
DAN 2100	Appreciation of Dance
FIL 2000 & D	Film Appreciation
LIN 2607	Perspectives on Language
LIT 2010	Interpretation of Fiction **(WAC)** ++
LIT 2030	Interpretation of Poetry **(WAC)** ++
LIT 2040	Interpretation of Drama **(WAC)** ++
LIT 2070	Interp. of Creative Nonfiction **(WAC)** ++
LIT 2100	Introduction to World Literature
MUH 2121	World Music
SPT 2530	Hispanic Culture and Civilization
WOH 2012 & D	History of Civilization 1 **(WAC)** ++
WOH 2022	History of Civilization 2

III. Mathematics

(Group A)

MAC 1105	College Algebra **(Required)**
MAC 2311	Calculus with Analytic Geometry 1 (4 cr.)
MGF 1130	Mathematical Thinking in Context 1
STA 2023	Introductory Statistics **(Required)**

Or any mathematics course for which one of the above general education core course options in Mathematics is the direct prerequisite.

(Group B)

MAC 1147	Precalculus Algebra & Trigonometry (4 cr.)
MAC 2210	Intro Calculus w/App. (4 cr.) ***(Permit Only)***
MAC 2233	Methods of Calculus
MAC 2312	Calculus with Analytic Geometry 2 (4 cr.)
PHI 2102	Logic

IV. Natural Science

(Group A)

BSC 1010 & L	Biological Principles (4 cr. w/Lab)
BSC 2085 & L	Anatomy & Phys. 1 (4 cr. w/Lab) **(Required)**
CHM 2045 & L	General Chemistry 1 (4 cr. w/Lab) ‡ **(Required)**
PHY 2048 & L	General Physics 1 (5 cr. w/Lab) *
PHY 2053 & L	College Physics 1 (5 cr. w/Lab) **

Or any course in the Natural Science for which one of the above general education core course options in Natural Science is the direct prerequisite. NOTE: at least one course must have a lab from Group A or B.

(Group B)

BSC 1011 & L	Biodiversity (4 cr. w/Lab)
CHM 2032 & L	Chemistry for the Health Science (4 cr. w/Lab)

V. Social Sciences

(Group A)

AMH 2010 & D	United States History to 1877 ◊ **(R)**
AMH 2020 & D	United States History Since 1877 ◊ **(R)**
ANT 2000 & D	Introduction to Anthropology **(WAC)**
ECO 2013	Macroeconomic Principles
POS 2041	Government of the United States ◊ **(R)**
PSY 1012	Introduction to Psychology **(Required)**

(Group B)

ANT 2100	Introduction to Archaeology Ω
CCJ 2002	Law, Crime & the Criminal Justice System
ECO 2023	Microeconomic Principles
EME 2620	Digital Literacy
EVR 1110	Human Dimensions of Environmental Change
EVR 2017	Environment and Society
GEA 2000	World Geography **(R)**
INR 2002	Introduction to World Politics
LIN 2001	Introduction to Language (online)
PAD 2081	Risk & Resilience to Natural Hazards
POT 2000	Global Political Theory
SOW 1005	Perspectives of Social Services
SYO 2101	Families in the United States Ω
URP 2051	Designing the City

VI. Additional Enrichment

Choose 6 credits from Humanities, Social Science, Communication, or Natural Science subject areas.

(1) _____ (2) _____

FOREIGN LANGUAGE (0 credits) – **NOT REQUIRED** - All students must meet the Admissions Foreign Language requirement.

LEGEND

+ ENC 1101 is a prerequisite.
++ Two Communication courses are required before taking this course.
§ Reserved for Wilkes Honors College & University Honors Program students only.
Ω Offered starting Fall 2026.
◊ Please visit FAU's website regarding the Civic Literacy Requirements.
(https://www.fau.edu/ugstudies/civic-literacy-requirement/)
‡ Co-requisite of MAC 1105 or a prerequisite of CHM 1025.
***** MAC 2311 is a prerequisite for this course.
****** MAC 2233 is a prerequisite for this course. If a lab is needed, then take General Physics 1 lab (PHY 2048L).
(R) – Recommended
(SR) – Strongly Recommended
The following courses are not offered at FAU but will fulfill this requirement if transferred from another school.
WAC - Writing Across the Curriculum course – minimum grade of "C" required. Students must take four WAC courses.

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

NOTE: See the catalog for specific requirements, course descriptions, and additional information. The requirements for some General Education (Gen Ed) courses & other courses may be satisfied by passing the appropriate AP or CLEP exam. Check with your advisor and college. Students who come with less than 60 credit hours must complete 9 credit hours of summer coursework either at FAU or another State University System Institution.

CREDIT SUMMARY

37 cr.	**General Education**
23 cr.	**Lower-Division College Requirements**
60 cr.	**Upper and Lower-Division Major Requirements**
120 cr.	**TOTAL (42 credits at upper division minimum)**

Note: Numbers are based on common course selection. Please consult your advisor.

Exercise Science/Health Promotion majors are required to have a C or better in all ESHP and all required prerequisite courses.

Note: To be admitted into the Exercise Science/Health Promotion program, students must do the following:

1. Meet the General Admission Requirements
2. Earn a minimum of 2.0 or higher and complete 60 credit hours
3. Complete FAU's General Education Program or an AA degree from a Florida State University or College
4. Complete the 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.

MAJOR COURSES, COLLEGE REQUIREMENTS, AND ELECTIVE

Exercise Physiology Track
&
Strength and Conditioning Track
Lower Division Pre-Professional College Requirements
(13 - 15 credits)

BSC 2086 & L	Anatomy & Physiology II & lab (4 cr.)
ISM 2000 & L	Info System Fundamentals & lab (3 cr.)
HSC 2100	Health & Fitness for Life (2 cr.)
HSC 2400	First Aid & CPR (2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)

PT/OT Track
Lower Division Pre-Professional College Requirements
(13 - 15 credits)

BSC 2086 & L	Anatomy & Physiology II & lab (4 cr.)
MAC 2233	Methods of Calculus (3 cr.)
or	
ISM 2000 & L	Info. Systems Fundamentals & lab (3 cr.)
HSC 2100	Health & Fitness for Life (2 cr.)
HSC 2400	First Aid & CPR (2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)
PEM/PEN	Activity class with a PEM/PEN prefix (1-2 cr.)