

# ESHP Undergraduate Program Sheet

## Exercise Physiology Concentration

| Field    | Response                 |
|----------|--------------------------|
| Name     |                          |
| Z number |                          |
| Degree   | Bachelor of Science (BS) |

### University Requirements

Consult your College of Science advisor. Mark each requirement as appropriate.

| Requirement              | Yes                      | No                       | Advisor notes |
|--------------------------|--------------------------|--------------------------|---------------|
| Gordon Rule              | <input type="checkbox"/> | <input type="checkbox"/> |               |
| Intellectual Foundations | <input type="checkbox"/> | <input type="checkbox"/> |               |

### Pre-Professional Requirements

| Semester taken | Course title               | Course number | Credits | Grade | Substitute | Institution | Advisor | Notes |
|----------------|----------------------------|---------------|---------|-------|------------|-------------|---------|-------|
|                | Anatomy & Physiology 1     | BSC 2085      | 3       |       |            |             |         |       |
|                | Anatomy & Physiology 1 Lab | BSC 2085L     | 1       |       |            |             |         |       |
|                | Anatomy & Physiology 2     | BSC 2086      | 3       |       |            |             |         |       |
|                | Anatomy & Physiology 2 Lab | BSC 2086L     | 1       |       |            |             |         |       |
|                | College Algebra            | MAC 1105      | 3       |       |            |             |         |       |
|                | First Aid & CPR            | HSC 2400      | 2       |       |            |             |         |       |
|                | General Psychology         | PSY 1012      | 3       |       |            |             |         |       |
|                | Activity Class (1) -       | PEM/PEN       | 1 to 2  |       |            |             |         |       |
|                | Activity Class (2) -       | PEM/PEN       | 1 to 2  |       |            |             |         |       |

| Semester taken | Course title               | Course number | Credits | Grade | Substitute | Institution | Advisor | Notes |
|----------------|----------------------------|---------------|---------|-------|------------|-------------|---------|-------|
|                | General Chemistry          | CHM 2045      | 3       |       |            |             |         |       |
|                | General Chemistry Lab      | CHM 2045L     | 1       |       |            |             |         |       |
|                | Inform System Fundamentals | ISM 2000      | 3       |       |            |             |         |       |
|                | Health & Fitness for Life  | HSC 2100      | 2       |       |            |             |         |       |
|                | Statistics                 | STA 2023      | 3       |       |            |             |         |       |

## Semester 7

| Semester taken | Course title                                | Course number | Credits | Grade | Substitute | Institution | Advisor | Notes |
|----------------|---------------------------------------------|---------------|---------|-------|------------|-------------|---------|-------|
|                | Introduction to Health and Exercise Science | PET 3102      | 3       |       |            |             |         |       |
|                | Exercise Physiology                         | APK 4110      | 3       |       |            |             |         |       |
|                | Exercise Lab Techniques                     | APK 4110L     | 1       |       |            |             |         |       |
|                | Perspectives in Health & Wellness           | HSC 3102      | 3       |       |            |             |         |       |
|                | Nutrition in Health & Exercise              | PET 3361      | 3       |       |            |             |         |       |
|                | Elective                                    | Varies        | 3       |       |            |             |         |       |

## Semester 8

| Semester taken | Course title                          | Course number | Credits | Grade | Substitute | Institution | Advisor | Notes |
|----------------|---------------------------------------|---------------|---------|-------|------------|-------------|---------|-------|
|                | Exercise Physiology 2                 | APK 4134      | 3       |       |            |             |         |       |
|                | Applications of Training Physiology I | PEP 3192      | 3       |       |            |             |         |       |
|                | Exercise Testing and Prescription     | PET 4550      | 4       |       |            |             |         |       |
|                | Health Promotion                      | HSC 4581      | 3       |       |            |             |         |       |
|                | Elective                              | Varies        | 3       |       |            |             |         |       |

## Semester 10

| Semester taken | Course title                           | Course number | Credits | Grade | Substitute | Institution | Advisor | Notes |
|----------------|----------------------------------------|---------------|---------|-------|------------|-------------|---------|-------|
|                | Applications of Training Physiology II | PEP 4138      | 3       |       |            |             |         |       |
|                | Neurophysiology Hum Mvmnt              | PET 3050      | 3       |       |            |             |         |       |
|                | Biomechanics                           | PET 4340C     | 4       |       |            |             |         |       |
|                | Elective                               | varies        | 3       |       |            |             |         |       |
|                | Elective                               | Varies        | 3       |       |            |             |         |       |

## Semester 11

| Semester taken | Course title | Course number | Credits | Grade | Substitute | Institution | Advisor | Notes |
|----------------|--------------|---------------|---------|-------|------------|-------------|---------|-------|
|                | Elective     | Varies        | 3       |       |            |             |         |       |

## Approved Elective List

Choose 5 courses totaling a minimum of 15 credit hours.

## Approved Electives

| Course title      | Course number | Credits |
|-------------------|---------------|---------|
| Bio Principles    | BSC 1010      | 3       |
| Genetics          | PCB 3063      | 4       |
| Biodiversity      | BSC 1011      | 3       |
| TSAC              | PET 4093      | 3       |
| General Chem 2    | CHM 2046      | 3       |
| Obesity           | PET 4263      | 3       |
| Organic Chem 1    | CHM 2210      | 3       |
| Mgmt. Principles  | PET 4404      | 3       |
| Organic Chem 2    | CHM 2211      | 3       |
| DIS               | PET 4905      | 1 - 3   |
| Psychopathology   | CLP 4144      | 3       |
| Special Topics    | PET 4930      | 3       |
| Psych of Hum Dev  | DEP 3053      | 3       |
| Practicum         | PET 4947      | 3       |
| Medical Term      | HSA 3534      | 3       |
| College Physics 1 | PHY 2053      | 4       |
| Stress Mgmt       | HSC 4104      | 3       |
| College Physics 2 | PHY 2054      | 4       |
| Sexual Health     | HSC 4133      | 3       |
| Sociolog Persp    | SYG 1000      | 3       |
| Weight Mgmt       | HSC 4139      | 3       |
| Internship        | PET 4946      | 3-9     |
| Substance Abuse   | HSC 4143      | 3       |
| Calculus          | MAC 2233      | 3       |

# Elective Completion Record

Use this table to record the five approved electives applied to the degree.

| Elective | Semester taken | Course title | Course number | Credits | Grade | Advisor initials |
|----------|----------------|--------------|---------------|---------|-------|------------------|
| 1        |                |              |               |         |       |                  |
| 2        |                |              |               |         |       |                  |
| 3        |                |              |               |         |       |                  |
| 4        |                |              |               |         |       |                  |
| 5        |                |              |               |         |       |                  |

## Graduation Requirements and Notes

You must have at least 42 credit hours at the 3000-4000 level to graduate.

All coursework, including pre-professional requirements, must be completed with a grade of C or higher.

- 1. Electives must come from the approved list.
- 2. These are the courses that can be taken with internship.
- 3. Courses permitted to be taken with internship depend on internship credit hours
- 4. You must see your COS advisor before applying to internship.
- 5. Please see the ESHP website for the most current information regarding the internship application process and approved sites.

## Additional Notes