

**Steps to successful completion of the
Exercise Science/Health Promotion (ESHP)
B.S./B.S.E. degree**

Apply to the University and be admitted



Declare ESHP as major.



Meet with College of Education advisor in Student (e.g. college and department prerequisites, Gordon Rule/CLAS, Intellectual Foundation requirement, foreign language, acceptance to COE, etc.).



Arrange appointment with an **ESHP** advisor for **first** class schedule. Bring all community college/university and any other unofficial transcript(s).



After receiving COE Welcome Letter and transcript evaluation from COE, make an appointment to see assigned ESHP. *(If you do not know your advisor, see the ESHP Department secretary.)*



Sign and complete the ESHP student contract with ESHP advisor.



Continue to see ESHP advisor before registering for class each term.



You must submit a practicum application to ESHP department **prior** to the semester you want to register for practicum.
See department office for specific dates.



You must submit an internship to the ESHP internship supervisor **prior** to the semester of your internship
See ESHP department office for date. Internship registration is six (6) weeks prior to semester beginning.



Apply for graduation at the beginning of the internship (semester you expect to graduate).

(While we understand that everyone is different, there are no exceptions to the above steps.)

ESHPPRE-PROFESSIONAL REQUIREMENT COURSES

Course title	Course number	Credits
Anatomy & Physiology 1	BSC 2085	3
Anatomy & Physiology 1 Lab	BSC 2085 L	1
Anatomy & Physiology 2	BSC 2086	3
Anatomy & Physiology 2 Lab	BSC 2086 L	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
General Chemistry	CHM 2045	3
General Chemistry Lab	CHM 2045 L	1
Information System Fundamentals	ISM 2000	3
Health & Fitness for Life	HSC 2100	2
Statistics	STA 2023	3

FAU ESHP SEQUENCE

Students should have met Gordon Rule, Foreign Language, Intellectual Foundation, other COE requirements, along with ESHP prerequisites. Meet with ESHP advisor when start taking ESHP classes.

Semester 1	Introduction to ESHP	PET 3102	3
	Exercise Physiology*	APK 4110	3
	Exercise Physiology Lab*	APK 4110L	1
	Neurophysiology of Human Movement	PET 3050	3
	Nutrition in Health & Exercise	PET 3361	3
	Elective**	PET/HSC	3
Semester 2	Exercise Leadership 1*	PEP 3192	3
	Exercise Leadership 2*	PEP 3196	3
	Fitness Assessment & Exercise Prescription*	PET 4551	3
	Exercise Testing*	PET 4550	3
	Exercise Testing Lab*	PET 4550L	1
	Kinesiology*	PET C4330	4
* Practicum prerequisites			
Semester 3	Practicum in ESHP	PET 4947	3
	Advanced Methods in Strength & Conditioning	PEP 4136	3
	Electives (2)**	PET/HSC	6
	Health Promotion	HSC 4581	3
Semester 4	Management Principles in ESHP	PET 4404	3
	Internship in ESHP	PET 4946	9
**Electives: 9 hours			
	Exercise Test & Pres./ Special Pops	PET 4552	3
	Obesity: Bio Psych & Cult Fact	PET 4263	3
	Biomechanics	PET 4340C	3
	Stress Management	HSC4104	3
	Substance Abuse	HSC 4143	3
	Weight Management	HSC 4139	3
	Perspectives in Health & Wellness	HSC 3102	3
	Directed Independent Study (Faculty Supervision Required)	PET 4905	1 to 3
	Other (MUST be approved-ESHP advisor)		3
Total			60 credit hours

1. All coursework, including pre-professional requirements, must be completed with a C or higher.
2. All coursework, except for one course, must be completed prior to internship. Internship is taken in student's last semester.
3. Student must complete 120 hours prior to graduation. Submit graduation application on time. Must have 2.0 GPA overall to graduate.
4. Meet with assigned ESHP advisor before registering for any classes each semester.
5. College of Education requirements, preprofessional requirements, and practicum prerequisites must be completed prior to practicum.
6. Student must submit an application for Practicum & 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.