

EXERCISE SCIENCE and HEALTH PROMOTION MAJOR (2023-2024)
Exercise Physiology Track

College of Science
 Bachelor of Science (BS)

FOUNDATIONS 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:

- ___ ENC 1939 + ... Special Topic: College Writing
- ___ 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.

FOUNDATIONS OF MATHEMATICS & QUANTITATIVE REASONING

(6 credit hours required – Grade of “C” or higher is 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

- ___ MGF 1106 Math for Liberal Arts 1
- ___ MGF 1107 Math for Liberal Arts 2
- ___ MAC 1105 College Algebra (**REQUIRED**)
- ___ STA 2023 Introductory Statistics (**REQUIRED**)
- ___ MAC 2311 Calculus with Analytic Geometry 1 (4 credits)
 or any mathematics course for which one of the above courses is the direct prerequisite

Group B

- ___ COP 1031C Computer Programming & Data Literacy for Everyone (**For Non-College Engineering & Computer Science majors**)
- ___ MAC 1147 Precalculus Algebra & Trigonometry (4 credits)
- ___ MAC 2210 Intro Calculus w/Applications (4 credits) (**Permit Only**)
- ___ MAC 2233 Methods of Calculus
- ___ MAC 2241 Life Science Calculus 1 (4 credits)
- ___ MAC 2312 Calculus with Analytic Geometry 2 (4 credits)
- ___ PHI 2102..... Logic

FOUNDATIONS 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

Group B

- | | |
|--|--|
| <ul style="list-style-type: none"> ___ BSC 2085 & L (REQUIRED)
Anatomy & Physiology 1
(4 cr. Incl. Lab) ___ CHM 2045 & L (REQUIRED)
General Chemistry 1
(4 cr. Incl. Lab) ‡ ___ PHY 2048 & L
General Physics 1
(5 credits incl. Lab) * ___ PHY 2053
College Physics 1 (4 cr.) ** | <ul style="list-style-type: none"> ___ BSC 1011 & L
Biodiversity (4 cr. incl Lab) ___ 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.

◊ Civic Literacy Requirement

<https://www.fau.edu/ugstudies/civic-literacy-requirement/>

Beginning in Summer 2021, Florida Legislature amended the statute and now requires students to complete **both** a civic literacy course (AMH 2020 or POS 2041) and an assessment exam.

FOUNDATIONS OF SOCIETY & HUMAN BEHAVIOR

(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

- ___ AMH 2020 & D United States History Since 1877 ◊
Recommended
- ___ ANT 2000 & D Introduction to Anthropology (**WAC**)
- ___ ECO 2013..... Macroeconomic Principles §
- ___ POS 2041..... Government of the United States ◊
Recommended
- ___ PSY 1012 Introduction to Psychology (**REQUIRED**)
- ___ SYG 1000..... Sociological Perspectives

Group B

- ___ AMH 2010 & D..... United States History to 1877
- ___ CCJ 2002..... Law, Crime & the Criminal Justice System ‡
- ___ DIG 2202 Digital Culture
- ___ ECO 2023..... Microeconomic Principles §
- ___ ECP 2002 Contemporary Economic Issues
- ___ EEX 2091 Disability and Society
- ___ EME 2620 Digital Literacy in a Globally Connected World ‡
- ___ EVR 1110 Climate Change: The Human Dimensions
- ___ EVR 2017 Environment and Society
- ___ LIN 2001 Introduction to Language (**online course**)
- ___ PAD 2081 Risk Resilience and Rising Seas ‡
- ___ PAD 2258 Changing Environment of Soc., Bus., & Gov't
- ___ SYG 2010 Social Problems
- ___ URP 2051 Designing the City

FOUNDATIONS IN GLOBAL CITIZENSHIP

(6 credit hours required)

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

- ___ ANT 2410 Culture and Society
- ___ EDF 2854 Educated Citizen in Global Context
- ___ GEA 2000 World Geography (**Recommended**)
- ___ INR 2002 Introduction to World Politics
- ___ JST 2452 Global Jewish Communities Ω
- ___ LAS 2000 Intro to Caribbean & Latin American Studies
- ___ LIN 2607 Global Perspectives on Language
- ___ MAR 2142 Culture, Consumers and the Global Marketplace \times
- ___ MUH 2121 Music in Global Society Ω
- ___ POT 2000 Global Political Theory
- ___ SYP 2450 Global Society
- ___ SOW 1005 Global Perspectives of Social Services
- ___ SOW 1130 Race and Cultural Inclusion in Social Work
- ___ WOH 2012 & D History of Civilization 1 (**WAC**) ++
Recommended
- ___ WOH 2022 History of Civilization 2
- ___ WST 2351 Gender and Climate Change

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

- ___ ARH 2000 Art Appreciation
- ___ MUL 2010 Music Appreciation
- ___ PHI 2010 & D Introduction to Philosophy (**WAC**) ++
- ___ THE 2000 Theatre Appreciation

Group B

- ___ ARC 2208 Culture & Architecture
- ___ DAN 2100 Appreciation of Dance
- ___ FIL 2000 & D Film Appreciation
- ___ HUM 2471 Racism and Anti-Racism
- ___ 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**) ++
- ___ LIT 2100 Introduction to World Literature
- ___ LIT 2931 Special Topics in Literature (**WAC**) ++ Ω
- ___ SPC 2608 Public Speaking \pm

STUDENTS ASSUME RESPONSIBILITY FOR MEETING ALL GRADUATION REQUIREMENTS

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

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. If a lab is needed, then take General Physics 1 Lab (PHY 2048 Lab).
- ** - MAC 2233 is a 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).
- \pm - Starting Spring 2022
- Ω - Starting Spring 2023
- \times - Starting Fall 2023
- \diamond - See information box below regarding Civic Literacy Requirement
- WAC** - (WAC) Writing across the curriculum course.

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

<https://myfau.fau.edu>

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

(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.

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.**

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.*

38 credits	Intellectual Foundations Program
7 – 9 credits	Free Electives (Foreign Language taken for BS count as electives)
13 – 15 credits	Lower-Division College Requirements
<u>60 credits</u>	<u>Upper-Division Requirements</u>
120 CREDITS	TOTAL

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.

MAJOR COURSES, COLLEGE REQUIREMENTS and ELECTIVES

LOWER DIVISION PRE-PROFESSIOAL 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 Science, 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)					
Term	Course Name		Course Prefix & Number	Credits	
Third Year Fall Semester (16 credits)	Introduction to ESHP		PET 3102	3	
	Exercise Physiology 1		APK 4110	3	
	Exercise Physiology Lab		APK 4110L	1	
	Perspectives in Health and Wellness		HSC 3102	3	
	Nutrition in Health and Exercise		PET 3361	3	
	Elective (see below) **			3	
Spring Semester (16 credits)	Applications of Training Physiology 1		PEP 3192	3	
	Health Promotion		HSC 4581	3	
	Exercise Physiology 2		APK 4134	3	
	Exercise Testing & Prescription		PET 4550	4	
	Elective (see below) **			3	
	Fourth Year Fall Semester (16 credits)	Neurophysiology of Human Movement		PET 3050	3
Applications of Training Physiology 2		PEP 4138	3		
Biomechanics		PET 4340C	4		
Elective (see below) **			3		
Elective (see below) **			3		
*Practicum Prerequisites					
Spring Semester (12 credits)	Internship in ESHP (permission required and all required courses must be completed)		PET 4946	3-9	
	Elective (see below) **			3	
** ESHP Electives: Choose 5 courses: minimum 15 credits					
Course Title	Course #	Credits	Course Title	Course #	Credits
Biological Principles	BSC 1010	3	Genetics	PCB 3063	4
Biodiversity	BSC 1011	3	Tactical Strength and Conditioning (TSAC)	PET 4093	3
General Chemistry 2	CHM 2046	3	Obesity	PET 4263	3
Organic Chemistry 1	CHM 2210	3	Management Principles	PET 4404	3
Organic Chemistry 2	CHM 2211	3	DIS	PET 4905	1-3
Psychopathology	CLP 4144	3	Special Topics	PET4930	3
Psych of Human Dev	DEP 3053	3	Practicum	PET 4947	3
Medical Terminology	HSA 3534	3	College Physics 1	PHY 2053	4
Stress Management	HSC 4104	3	College Physics 2	PHY 2054	4
Sexual Health	HSC 4133	3	Sociology Perspective	SYG 1000	3
Weight Management	HSC 4139	3			
Substance Abuse	HSC 4143	3			
Methods of Calculus	MAC 2233	3			
					60 Credit Hours

1. All coursework, including Pre-Professional requirements, must be completed with a “C” or higher.
2. Student must complete 120 hours prior to graduation. Submit graduation application on time. Must have 2.0 GPA overall to graduate.
3. Meet with assigned ESHP advisor before registering for any classes each semester.
4. Electives must come from the approved list.
5. Internship is taken the student’s last semester.
6. Courses permitted to be taken with internship depend on internship credit hours.
7. Please see the ESHP website for the most current information regarding the internship application process and approved sites.