EXERCISE SCIENCE and HEALTH PROMOTION MAJOR (2023-2024)

Exercise Physiology Track

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 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.

<table>
<thead>
<tr>
<th>Group A</th>
<th>Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ BSC 2085 &amp; L (REQUIRED)</td>
<td>___ BSC 1011 &amp; L</td>
</tr>
<tr>
<td>Anatomy &amp; Physiology 1</td>
<td>Biodiversity (4 cr. incl Lab)</td>
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<tr>
<td>(4 cr. Incl. Lab)</td>
<td>(4 cr. Incl Lab)</td>
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<tr>
<td>___ CHM 2045 &amp; L (REQUIRED)</td>
<td>___ CHM 2032 &amp; L</td>
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<tr>
<td>General Chemistry 1</td>
<td>Chem. for Health Sciences</td>
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<tr>
<td>(4 cr. Incl. Lab)</td>
<td>(4 credits including Lab)</td>
</tr>
<tr>
<td>___ PHY 2048 &amp; L</td>
<td>___ PHY 2053</td>
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</tbody>
</table>
|       General Physics 1     |       College Physics 1 (4 cr.) **
|       (5 credits incl 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.

University Advising Services
May 22, 2023
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 Ω
___ 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

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).
± - Starting Spring 2022
Ω - Starting Spring 2023
Ω - Starting Fall 2023
◊ - 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.

(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.

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

https://myfau.fau.edu
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 |
| 60 credits | Upper-Division Requirements |
| **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-PROFESSIONAL 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)

<table>
<thead>
<tr>
<th>Term</th>
<th>Course Name</th>
<th>Course Prefix &amp; Number</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Third Year Fall Semester (16 credits)</td>
<td>Introduction to ESHP</td>
<td>PET 3102</td>
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<tr>
<td></td>
<td>Exercise Physiology 1</td>
<td>APK 4110</td>
<td>3</td>
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<tr>
<td></td>
<td>Exercise Physiology Lab</td>
<td>APK 4110L</td>
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<tr>
<td></td>
<td>Perspectives in Health and Wellness</td>
<td>HSC 3102</td>
<td>3</td>
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<td></td>
<td>Nutrition in Health and Exercise</td>
<td>PET 3361</td>
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<tr>
<td></td>
<td>Elective (see below) **</td>
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<tr>
<td>Spring Semester (16 credits)</td>
<td>Applications of Training Physiology 1</td>
<td>PEP 3192</td>
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<td>Health Promotion</td>
<td>HSC 4581</td>
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<td>Exercise Physiology 2</td>
<td>APK 4134</td>
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<td></td>
<td>Exercise Testing &amp; Prescription</td>
<td>PET 4550</td>
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<td>Elective (see below) **</td>
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<td>Fourth Year Fall Semester (16 credits)</td>
<td>Neurophysiology of Human Movement</td>
<td>PET 3050</td>
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<td></td>
<td>Applications of Training Physiology 2</td>
<td>PEP 4138</td>
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<td></td>
<td>Biomechanics</td>
<td>PET 4340C</td>
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<tr>
<td></td>
<td>Elective (see below) **</td>
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<td>3</td>
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<tr>
<td></td>
<td>Elective (see below) **</td>
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**Practicum Prerequisites**

Spring Semester (12 credits)

- Internship in ESHP (permission required and all required courses must be completed)
  - PET 4946
  - 3-9 credits
- Elective (see below) **
  - 3 credits

** ESHP Electives: Choose 5 courses: minimum 15 credits

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Course #</th>
<th>Credits</th>
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<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Biological Principles</td>
<td>BSC 1010</td>
<td>3</td>
<td>Genetics</td>
<td>PCB 3063</td>
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<td>Biodiversity</td>
<td>BSC 1011</td>
<td>3</td>
<td>Tactical Strength and Conditioning (TSAC)</td>
<td>PET 4093</td>
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<td>General Chemistry 2</td>
<td>CHM 2046</td>
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<td>Obesity</td>
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<td>Organic Chemistry 1</td>
<td>CHM 2210</td>
<td>3</td>
<td>Management Principles</td>
<td>PET 4404</td>
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<td>Organic Chemistry 2</td>
<td>CHM 2211</td>
<td>3</td>
<td>DIS</td>
<td>PET 4905</td>
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<td>Psychopathology</td>
<td>CLP 4144</td>
<td>3</td>
<td>Special Topics</td>
<td>PET4930</td>
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<td>Psych of Human Dev</td>
<td>DEP 3053</td>
<td>3</td>
<td>Practicum</td>
<td>PET 4947</td>
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<td>Medical Terminology</td>
<td>HSA 3534</td>
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<td>College Physics 1</td>
<td>PHY 2053</td>
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<td>Stress Management</td>
<td>HSC 4104</td>
<td>3</td>
<td>College Physics 2</td>
<td>PHY 2054</td>
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<td>Sexual Health</td>
<td>HSC 4133</td>
<td>3</td>
<td>Sociology Perspective</td>
<td>SYG 1000</td>
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<td>Weight Management</td>
<td>HSC 4139</td>
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<td>Substance Abuse</td>
<td>HSC 4143</td>
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<tr>
<td>Methods of Calculus</td>
<td>MAC 2233</td>
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Total Credit Hours: 60

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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.