

## 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

SYG 1000 Sociological Perspectives

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**  


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**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**

<b>Exercise Physiology Track &amp; Strength and Conditioning Track</b>	
<b>Lower Division Pre-Professional College Requirements (13 - 15 credits)</b>	
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.)
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<b>PT/OT Track</b>	
<b>Lower Division Pre-Professional College Requirements (13 - 15 credits)</b>	
BSC 2086 & L	Anatomy & Physiology II & lab (4 cr.)
MAC 2233	Methods of Calculus (3 cr.)
<b>or</b>	
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.)