# Exercise Science and Health Promotion Major (2021-2022)

## 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.

### Group A
- 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.) **

### Group B
- BSC 1011 & L & D
  Biodiversity (4 cr. incl Lab & Dis)
- CHM 2032 & L
  Chem. for Health Sciences (4 credits including Lab)

**Additional science courses are required. Consult with your academic advisor.**

## 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 1034C .... 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 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 (P/F) **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 (P/F)
- 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
- EVR 1110.............Climate Change: The Human Dimensions
- EVR 2017 .............Environment and Society
- LIN 2001 ...............Introduction to Language [online course]
- PAD 2013 ..............Risk Resilience and Rising Seas ⊳
- PAD 2258 ..............Changing Environment of Soc., Bus., & Gov’t
- SYG 2010 ...............Social Problems
- URP 2051 ..............Designing the City

(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.
### 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
- ____ LAS 2000 .............. Intro to Caribbean & Latin American Studies
- ____ LIN 2607 .......... Global Perspectives on Language
- ____ POT 2000 ............ Global Political Theory ±
- ____ SYP 2450 ............... Global Society
- ____ SOW 1005 ............ Global Perspectives of Social Services
- ____ 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 (P/F)
- ____ 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 2470............ 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
- ____ SPC 2608............. Public Speaking ±

### Students Assume Responsibility for Meeting All Graduation Requirements

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

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**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 and afterwards.
- ** - Certain designated undergraduate courses may be taken for a letter grade of pass (P) or fail (F). Students must indicate the grade option preferred when registering; otherwise, a letter grade will be given. The maximum credit available to any student on the P/F option is one course per term with a maximum of 12 credits during a student’s entire course of study. This option is not available for courses in the student’s major, for students on probation, or for Engineering majors.
- ** - 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: ANT 2000, PHI 2010, WOH 2012, LIT 2010, LIT 2030, LIT 2040 and LIT 2070. See advisor for additional details.
- ** - 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 |
| 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. No major course can be taken pass/fail.

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 Education, 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>
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<tr>
<th>Term</th>
<th>Course Name</th>
<th>Course Prefix &amp; Number</th>
<th>Credits</th>
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<tr>
<td><strong>Semester 1</strong></td>
<td>Introduction to ESHP</td>
<td>PET 3102</td>
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<td>Exercise Physiology</td>
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<td>Nutrition in Health and Exercise</td>
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<td>Elective (see below)**</td>
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<td><strong>Semester 2</strong></td>
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<td>Exercise Physiology II</td>
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<td>Exercise Testing</td>
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<td>Neurophysiology of Human Movement</td>
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<td>Applications of Training Physiology II</td>
<td>PEP 4138</td>
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<td>Biomechanics</td>
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<td><strong>Semester 5</strong></td>
<td>ESHP Elective (see below) or PEP 4138 or PET 3050</td>
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<td></td>
<td>Internship in ESHP</td>
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**ESHP Electives: Choose 5 courses: minimum 15 hours**

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<td>Obesity</td>
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<td>Kinesiology</td>
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<td>Management Principles</td>
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<td>College Physics 2</td>
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<td>Sociology Perspective</td>
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**60 Credit hours**

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