 FLORIDA ATLANTIC UNIVERSITY	NEW/CHANGE PROGRAM REQUEST Undergraduate Programs		UUPC Approval <u>3-24-25</u> UFS Approval _____ Banner _____ Catalog _____
	Department Exercise Science & Health Promotion College Science		
Program Name BS in Exercise Science & Health Promotion	<input type="checkbox"/> New Program* <input checked="" type="checkbox"/> Change Program*	Effective Date (TERM & YEAR) <div>Fall 2025</div>	
<p>Please explain the requested change(s) and offer rationale below or on an attachment.</p> <p>Our proposed changes are outlined on the following page.</p>			
<p><small>*All new programs and changes to existing programs must be accompanied by a catalog entry showing the new or proposed changes.</small></p>			
Faculty Contact/Email/Phone Chris Boerum cboerum@fau.edu 954-892-8001	Consult and list departments that may be affected by the change(s) and attach documentation N/A		
Approved by Department Chair _____ College Curriculum Chair <u>Erbonne Rezler</u> College Dean <u>Korey Sorge</u> UUPC Chair _____ Undergraduate Studies Dean <u>Dan Meeroff</u> UFS President _____ Provost _____		Date <div>3-9-25</div> <div>3/13/25</div> <div>03/13/25</div> <div>3-24-25</div> <div>3-24-25</div> <div></div> <div></div>	

The National Strength & Conditioning Association (NSCA), one of the main governing bodies of our industry, is moving towards a program accreditation model. For our students to be eligible to sit for the Certified Strength & Conditioning Specialist (CSCS) exam (required for employment in the strength and conditioning industry), they must soon have graduated from an accredited program. To begin the accreditation application, the department must make the following changes to align with accreditation guidelines:

1. Have a concentration with "Strength & Conditioning" in the title.
2. Ensure sufficient coverage of NSCA's CSCS exam material in the curriculum. Specifically, the following course changes are proposed:
 1. Add a new core course Athletic Conditioning Principles (PET 4381). This course will be offered as an elective for other concentrations.
 2. Move Health Promotion (HSC 4581) & Perspectives of Health (HSC 3102) from core to elective courses.
 3. Move Tactical Strength & Conditioning (PET 4093) from an elective to a core course.
3. Include a mandatory internship in the concentration via our pre-existing internship course (PET 4947) with specific catalog verbiage aligning with accreditation guidelines.

Additionally, we need to update the catalog and solidify our internship policies in the other pre-existing concentrations, as the internship course was made optional during the pandemic. The internship course will remain optional for the Exercise Physiology concentration but will again be mandatory for the Pre PT/OT concentration. Language has been updated in proposed catalog revisions and program sheets. Finally, repetitive program completion language was removed from catalog.

EXERCISE SCIENCE AND HEALTH PROMOTION

BACHELOR OF SCIENCE (B.S.)

Exercise Physiology Concentration

Pre-Physical Therapy and Occupational Therapy Concentration

Strength & Conditioning Concentration

To be eligible for the B.S., all Exercise Science and Health Promotion majors must complete all ESHP upper division and prerequisite courses with a grade of "C" or better. Upon completion of the Exercise Science and Health Promotion baccalaureate program, students will be prepared to take the American College of Sports Medicine examination for the Certified Exercise Physiologist (EP) and the National Strength and Conditioning Association examination for Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT).

General Admission Requirements

1. Satisfy all University and program entrance requirements;
2. Satisfy the General Education Program requirements;
3. Meet with your assigned ESHP advisor each semester.

Prerequisite Coursework for Transfer Students

Students transferring to Florida Atlantic University must complete both lower-division requirements (including the requirements of the General Education Program) and requirements for the college and major. Lower-division requirements may be completed through the A.A. degree from any Florida public college, university or community college or through equivalent coursework at another regionally accredited institution. Before transferring and to ensure timely progress toward the baccalaureate degree, students must also complete the prerequisite courses for their major as outlined in the [Transition Guides](#).

All courses not approved by the Florida Statewide Course Numbering System that will be used to satisfy requirements will be evaluated individually on the

basis of content and will require a catalog course description and a copy of the syllabus for assessment.

Concentrations

The B.S. degree in Exercise Science and Health Promotion offers ~~two~~ three concentrations:

1. Exercise Physiology
2. Pre-Physical Therapy and Occupational Therapy (Pre-PT/OT)
3. Strength & Conditioning

Undergraduate Program Lower-Division Requirements for Exercise Physiology Concentration

The Exercise Physiology concentration is available in person or fully online. Students planning on majoring in Exercise Science and Health Promotion can satisfy some University and general education requirements while simultaneously satisfying ESHP program requirements. All prerequisite courses require a grade of "C" or better.

Note: Internship is optional in the Exercise Physiology Concentration. Students still must meet degree requirements (120 credit hours & 45 hours at 3000-4000 level) by taking extra ESHP approved electives or internship hours. Students should contact the ESHP internship coordinator for all internship related questions.

The following prerequisites or their equivalents are required for all ESHP majors in the Exercise Physiology concentration:

Required Prerequisite Courses

Health, Fitness for Life	HSC 2100	2
First Aid and CPR	HSC 2400	2

Mathematics

College Algebra	MAC 1105	3
Information Systems Fundamentals	ISM 2000	3
Introductory Statistics	STA 2023	3

Social Sciences

Anatomy/Physiology 1 and 2 (including labs)	BSC 2085, 2085L and 8 BSC 2086, 2086L	
General Chemistry 1 (including lab)	CHM 2045, 2045L	4
General Psychology	PSY 1012	3
PEM/PEN courses (2 separate) 1 to 2 credits each		2-4
Sciences (Natural)		3
Note: Both Biochemistry and General Physics are recommended for students planning on graduate study.		

Upper-Division Requirements

Third Year Fall Semester - 16 credits

Exercise Physiology 1	APK 4110	3
Exercise Lab Techniques	APK 4110L	1
Perspectives in Health	HSC 3102	3
Introduction to Health and Exercise Science	PET 3102	3
Nutrition in Health and Exercise	PET 3361	3
Elective 1	Varies	3

Spring Semester - 16 credits

Exercise Physiology 2	APK 4134	3
Health Promotion	HSC 4581	3
Applications of Training Physiology 1	PEP 3192	3
Exercise Testing and Prescription	PET 4550	4
Elective 2	Varies	3

Fourth Year Fall Semester - 16 credits

Applications of Training Physiology 2	PEP 4138	3
Neurophysiology of Human Movement	PET 3050	3
Biomechanics	PET 4340C	4
Elective 3	Varies	3
Elective 4	Varies	3

Spring Semester - 12 credits

Internship (permission required and all required courses must be completed)	PET 4946	3-9
Elective 5	Varies	3
Elective(s)	Varies	3-9

Electives

Choose ~~five courses~~ 24 hours from the following.

Biological Principles	BSC 1010	3
Biodiversity	BSC 1011	3
General Chemistry 2	CHM 2046	3
Organic Chemistry 1	CHM 2210	3
Organic Chemistry 2	CHM 2211	3
Psychopathology	CLP 4144	3
Psychology of Human Development	DEP 3053	3
Health Care Medical Terminology	HSA 3534	3
Stress Management	HSC 4104	3
Sexual Health Peer Education	HSC 4133	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Methods of Calculus	MAC 2233	3
Genetics	PCB 3063	4
Tactical Strength and Conditioning	PET 4093	3
Athletic Conditioning Principles	PET 4381	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Management Principles in Exercise Science and Health Promotion	PET 4404	3
Directed Independent Study (faculty supervision required)	PET 4905	3
Directed Independent Research (faculty supervision required) (New as of spring 2025.)	PET 4916	0-3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3
College Physics 1	PHY 2053	3
College Physics 2	PHY 2054	3
Directed Independent Research (faculty supervision required) (New as of spring 2025.)	PET 2916	0-3
Sociological Perspectives	SYG 1000	3

Undergraduate Program Lower-Division Requirements for Pre-Physical Therapy and Occupational Therapy Concentration

Students planning on majoring in Exercise Science and Health Promotion can satisfy some University and general education requirements while simultaneously satisfying ESHP program requirements. All prerequisite courses require a grade of "C" or better. The following prerequisites or their equivalents are required for all ESHP majors in the Pre-PT/OT concentration. This concentration is available in person only with some online course options.

Note: All students are advised to take Methods of Calculus (MAC 2233) instead of Information Systems Fundamentals (ISM 2000) because MAC 2233 is a prerequisite for the required course, College Physics 1 (PHY 2053). The internship course (PET 4946) is required in the Pre PT/OT concentration.

Required Prerequisite Courses

Health, Fitness for Life	HSC 2100	2
First Aid and CPR	HSC 2400	2
<i>Mathematics</i>		
College Algebra	MAC 1105	3
Information Systems Fundamentals	ISM 2000	3 or
Methods of Calculus	MAC 2233	3
Introductory Statistics	STA 2023	3
<i>Social Sciences</i>		
Anatomy/Physiology 1 and 2 (including labs)	BSC 2085, 2085L and 8 BSC 2086, 2086L	
General Chemistry 1 (including lab)	CHM 2045, 2045L	4
General Psychology	PSY 1012	3
PEM/PEN courses (2 separate) 1 to 2 credits each		2-4
Sciences (Natural)		3

Note: Students must have at least 45 credits of 3000 level or higher courses.

Students are advised to be cognizant of the courses required for their potential PT or OT program. College Physics 2 is often required. In this case, the remaining 11 electives after College Physics 2 should be taken at the 3000 level or higher to meet the 45-credit rule.

Upper-Division Requirements

Third Year Fall Semester - 16 credits

Biological Principles	BSC 1010	3
Biological Principles	BSC 1010L	1
Perspectives in Health	HSC 3102	3
Introduction to Health and Exercise Science	PET 3102	3
Nutrition in Health and Exercise	PET 3361	3
Elective 4	Varies	3

Spring Semester - 16 credits

Exercise Physiology 1	APK 4110	3
General Chemistry 2	CHM 2046	3
General Chemistry 2 Lab	CHM 2046L	1
Psychopathology	CLP 4144	3
Applications of Training Physiology 1	PEP 3192	3
Elective 2	Varies	3

Fourth Year Fall Semester - 18 credits

Exercise Lab Techniques	APK 4110L	1
Neurophysiology of Human Movement	PET 3050	3
Biomechanics	PET 4340C	4
College Physics 1	PHY 2053	4
Elective 3	Varies	3
Elective 4	Varies	3

Spring Semester - 12 credits

Internship (permission required and all required courses must be completed)	PET 4946	3-9
Elective 5	Varies	3

Electives

Choose five courses from the following.

Exercise Physiology 2	APK 4134	3
Biodiversity	BSC 1011	3

Biodiversity Lab	BSC 1011L	1
Organic Chemistry 1	CHM 2210	3
Organic Chemistry 2	CHM 2211	3
Psychopathology	CLP 4144	3
Psychology of Human Development	DEP 3053	3
Health Care Medical Terminology	HSA 3534	3
Stress Management	HSC 4104	3
Sexual Health Peer Education	HSC 4133	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Health Promotion	HSC 4581	3
General Microbiology	MCB 3020	3
General Microbiology Lab	MCB 3020L	1
General Pathophysiology	NUR 4125	3
Genetics	PCB 3063	4
Applications of Training Physiology 2	PEP 4138	3
Tactical Strength and Conditioning	PET 4093	3
Athletic Conditioning Principles	PET 4381	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Management Principles in Exercise Science and Health Promotion	PET 4404	3
Exercise Testing and Prescription	PET 4550	3
Directed Independent Study (faculty supervision required)	PET 4905	3
Directed Independent Research (faculty supervision required) (New as of spring 2025.)	PET 4916	0-3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3
College Physics 2	PHY 2054	3
Directed Independent Research (faculty supervision required) (New as of spring 2025.)	PET 2916	0-3

Interpersonal Communication Skills	SDS 4410	3
Sociological Perspectives	SYG 1000	3

Undergraduate Program Lower-Division Requirements for Strength & Conditioning Concentration

The Strength & Conditioning concentration is available in person. Students planning on majoring in Exercise Science and Health Promotion can satisfy some University and general education requirements while simultaneously satisfying ESHP program requirements. All prerequisite courses require a grade of "C" or better. This concentration is available in person only with some online course options.

Note: Students in strength and conditioning concentration must complete at least 300 person hours of work, but not more than 9 credit hours of internship, specifically from the Strength & Conditioning internship list. Additionally, during internship, students must work with two different populations in either the same or different settings. All internship questions should be addressed with the ESHP internship coordinator.

The following prerequisites or their equivalents are required for all ESHP majors in the Strength & Conditioning concentration:

Required Prerequisite Courses

Health, Fitness for Life	HSC 2100	2
First Aid and CPR	HSC 2400	2

Mathematics

College Algebra	MAC 1105	3
Information Systems Fundamentals	ISM 2000	3
Introductory Statistics	STA 2023	3

Social Sciences

Anatomy/Physiology 1 and 2 (including labs)	BSC 2085, 2085L and 8 BSC 2086, 2086L	
General Chemistry 1 (including lab)	CHM 2045, 2045L	4
General Psychology	PSY 1012	3
PEM/PEN courses (2 separate) 1 to 2 credits each		2-4

Sciences (Natural)	3
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Upper-Division Requirements

Third Year Fall Semester - 16 credits

Exercise Physiology 1	APK 4110	3
Exercise Lab Techniques	APK 4110L	1
Applications of Training Physiology 1	PEP 3192	3
Introduction to Health and Exercise Science	PET 3102	3
Nutrition in Health and Exercise	PET 3361	3
Elective	Varies	3

Spring Semester - 16 credits

Exercise Physiology 2	APK 4134	3
Tactical Strength & Conditioning	PET 4093	3
Athletic Conditioning Principles	PET 4381	3
Exercise Testing and Prescription	PET 4550	4
Elective	Varies	3

Fourth Year Fall Semester - 16 credits

Applications of Training Physiology 2	PEP 4138	3
Neurophysiology of Human Movement	PET 3050	3
Biomechanics	PET 4340C	4
Elective	Varies	3
Elective	Varies	3

Spring Semester - 12 credits

Internship (permission required and all required courses must be completed)	PET 4946	3-9
Elective	Varies	3

Electives

Choose five courses from the following.

Biological Principles	BSC 1010	3
Biodiversity	BSC 1011	3
General Chemistry 2	CHM 2046	3
Organic Chemistry 1	CHM 2210	3
Organic Chemistry 2	CHM 2211	3

Psychopathology	CLP 4144	3
Psychology of Human Development	DEP 3053	3
Health Care Medical Terminology	HSA 3534	3
Perspectives in Health	HSC 3102	3
Health Promotion	HSC 4581	3
Stress Management	HSC 4104	3
Sexual Health Peer Education	HSC 4133	3
Weight Management	HSC 4139	3
Substance Abuse	HSC 4143	3
Methods of Calculus	MAC 2233	3
Genetics	PCB 3063	4
Tactical Strength and Conditioning	PET 4093	3
Obesity: Biological, Psychological and Cultural Factors	PET 4263	3
Management Principles in Exercise Science and Health Promotion	PET 4404	3
Directed Independent Study (faculty supervision required)	PET 4905	3
Directed Independent Research (faculty supervision required) (New as of spring 2025.)	PET 4916	0-3
Special Topics	PET 4930	3
Practicum in Exercise Science and Health Promotion	PET 4947	3
College Physics 1	PHY 2053	3
College Physics 2	PHY 2054	3
Directed Independent Research (faculty supervision required) (New as of spring 2025.)	PET 2916	0-3
Sociological Perspectives	SYG 1000	3

General Advice (Changes below effective fall 2024.)

1. Meet with an ESHP-assigned advisor at least once each semester.
- ~~2. Work with your ESHP advisor to complete and sign an official plan of study, "the contract" after meeting foreign language and Writing~~

~~Across Curriculum (Gordon Rule) requirements; after receiving the College of Education welcome letter; and after attaining a "C" or better in all prerequisite courses for the ESHP program.~~

2. Student must have current student professional liability insurance during the internship. See internship coordinator for specific information.

~~Program Completion Criteria~~

~~Students who elect to fulfill the University foreign language requirement in addition to the ESHP requirements will receive a Bachelor of Science (B.S.) degree. To be eligible for graduation, the student must satisfy all University, College, department and program requirements and complete the ESHP upper-division requirements and prerequisite courses with a grade of "C" or better in each course.~~

ESHP Undergraduate Program Sheet (Strength & Conditioning Concentration)

Name: _____ Z#: _____

University Requirements (see COS Advisor)

Gordon Rule: Yes _____ No _____ Language: Yes _____ No _____
 Int. Foundat'n: Yes _____ No _____

Pre-Professional Requirements

Semester Taken	Course Title	Course #	Credits	Grade	Substitute	Institution	Advisor	Notes
	Anatomy & Physiology 1	BSC 2085	3					
	Anatomy & Physiology 1 Lab	BSC 2085L	1					
	Anatomy & Physiology 2	BSC 2086	3					
	Anatomy & Physiology 2 Lab	BSC 2086L	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 2045L	1					
	Inform System Fundamentals	ISM 2000	3					
	Health & Fitness for Life	HSC 2100	2					
	Statistics	STA 2023	3					

Semester 7

	Introduction to Health and Exercise	PET 3102	3					
	Exercise Physiology 1	APK 4110	3					
	Exercise Lab Techniques	APK 4110L	1					
	Applications of Training Physiology I	PEP 3192	3					
	Nutrition in Health & Exercise	PET 3361	3					
	Elective	Varies	3					

Semester 8

	Exercise Physiology 2	APK 4134	3					
	Tactical Strength & Cond	PET 4093	3					
	Exercise Testing and Prescription	PET 4550	4					
	Athletic Conditioning Principles	PET 4381	3					
	Elective	Varies	3					

Semester 10

	Applications of Training Physiology II	PEP 4138	3					
	Neurophysiology Hum Mvmnt	PET 3050	3					
	Biomechanics	PET 4340C	4					
	Elective	varies	3					
	Elective	Varies	3					

Semester 11

	Elective	Varies	3					
	Internship in ESHP	PET 4946	3-9					

Approved Elective List (Choose 5 Courses, Minimum of 15 Credit Hours)

Semester	Course Title	Course #	Credits	Grade	Semester	Course Title	Course #	Credits	Grade
	Bio Principles	BSC 1010	3			Genetics	PCB 3063	4	
	Biodiversity	BSC 1011	3			Persp. Hlth Well	HSC 3102	3	
	General Chem 2	CHM 2046	3			Obesity	PET 4263	3	
	Organic Chem 1	CHM 2210	3			Mgmt. Principles	PET 4404	3	
	Organic Chem 2	CHM 2211	3			DIS	PET 4905	1 - 3	
	Psychopathology	CLP 4144	3			Special Topics	PET 4930	3	
	Psych of Hum Dev	DEP 3053	3			Practicum	PET 4947	3	
	Medical Term	HSA 3534	3			College Physics 1	PHY 2053	4	
	Stress Mgmt	HSC 4104	3			College Physics 2	PHY 2054	4	
	Sexual Health	HSC 4133	3			Sociology Persp	SYG 1000	3	
	Weight Mgmt	HSC 4139	3			Health Promotion	HSC 4581	3	
	Substance Abuse	HSC 4143	3			DIR	PET 2196	0-3	
	Calculus	MAC 2233	3			DIR	PET 4916	0-3	

You MUST Have At least 45 hours between 3000-4000 level to graduate

All coursework, including pre-professional requirements, must be completed with a grade of 'C' or higher

Notes

- 1) Internships must come from the approved strength and conditioning list.
- 2) Students must complete an internship, in two different settings/populations as per internship guidelines.
- 3) Students in strength and conditioning concentration must complete at least 300 person hours of work, but not more than 9 credit hours of internship.
- 4) Please see the ESHP website for the most current information regarding the internship application process and approved sites.
- 5) Internships can be done in either one or both semesters if approved by internship site supervisors

ESHP Undergraduate Program Sheet (Exercise Physiology Concentration)

Name: _____ Z#: _____

University Requirements (see COS Advisor)

Gordon Rule:	Yes	No	Language:	Yes	No
Int. Foundat'n:	Yes	No			

Pre-Professional Requirements

Semester Taken	Course Title	Course #	Credits	Grade	Substitute	Institution	Advisor	Notes
	Anatomy & Physiology 1	BSC 2085	3					
	Anatomy & Physiology 1 Lab	BSC 2085L	1					
	Anatomy & Physiology 2	BSC 2086	3					
	Anatomy & Physiology 2 Lab	BSC 2086L	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 2045L	1					
	Inform System Fundamentals	ISM 2000	3					
	Health & Fitness for Life	HSC 2100	2					
	Statistics	STA 2023	3					

Semester 7

	Introduction to Health and Exercise	PET 3102	3					
	Exercise Physiology 1	APK 4110	3					
	Exercise Lab Techniques	APK 4110L	1					
	Perspectives in Health & Wellness	HSC 3102	3					
	Nutrition in Health & Exercise	PET 3361	3					
	Elective	Varies	3					

Semester 8

	Exercise Physiology 2	APK 4134	3					
	Applications of Training Physiology I	PEP 3192	3					
	Exercise Testing and Prescription	PET 4550	4					
	Health Promotion	HSC 4581	3					
	Elective	Varies	3					

Semester 10

	Applications of Training Physiology II	PEP 4138	3					
	Neurophysiology Hum Mvmnt	PET 3050	3					
	Biomechanics	PET 4340C	4					
	Elective	varies	3					
	Elective	Varies	3					

Semester 11

	Elective	Varies	3					
	Elective(s)	Varies	3-9					

Approved Elective List (Choose 24 hours of electives)

Semester	Course Title	Course #	Credits	Grade	Semester	Course Title	Course #	Credits	Grade
	Bio Principles	BSC 1010	3			Genetics	PCB 3063	4	
	Biodiversity	BSC 1011	3			TSAC	PET 4093	3	
	General Chem 2	CHM 2046	3			Obesity	PET 4263	3	
	Organic Chem 1	CHM 2210	3			Mgmt. Principles	PET 4404	3	
	Organic Chem 2	CHM 2211	3			DIS	PET 4905	1 - 3	
	Psychopathology	CLP 4144	3			Special Topics	PET 4930	3	
	Psych of Hum Dev	DEP 3053	3			Practicum	PET 4947	3	
	Medical Term	HSA 3534	3			College Physics 1	PHY 2053	4	
	Stress Mgmt	HSC 4104	3			College Physics 2	PHY 2054	4	
	Sexual Health	HSC 4133	3			Sociolog Persp	SYG 1000	3	
	Weight Mgmt	HSC 4139	3			Internship in ESHP	PET 4946	3 - 9	
	Substance Abuse	HSC 4143	3			Athletic Cond. Prin	PET 4381	3	
	DIR	PET 2196	0-3			DIR	PET 4916	0-3	
	Calculus	MAC 2233	3						

You MUST Have At least 45 hours between 3000-4000 level to graduate

All coursework, including pre-professional requirements, must be completed with a grade of 'C' or higher

Notes

- 1) Electives must come from the approved list.
- 2) Students must meet degree requirements (120 hours) by taking extra ESHP approved elective courses or internship hours.
- 3) You must see your COS advisor before applying to internship.
- 4) Please see the ESHP website for the most current information regarding the internship application process and approved sites.

ESHPP Undergraduate Program Sheet (Pre-PT/OT Concentration)

Name: _____ Z#: _____

University Requirements (see COS Advisor)

Gordon Rule: Yes _____ No _____ Language: Yes _____ No _____ DEGREE: BS _____ BSE¹ _____
 Int. Foundat'n: Yes _____ No _____

Pre-Professional Requirements

Semester Taken	Course Title	Course #	Credits	Grade	Substitute	Institution	Advisor	Notes
	Anatomy & Physiology 1	BSC 2085	3					
	Anatomy & Physiology 1 Lab	BSC 2085L	1					
	Anatomy & Physiology 2	BSC 2086	3					
	Anatomy & Physiology 2 Lab	BSC 2086L	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 2045L	1					
	Inform System Fundamentals OR	ISM 2000	3					
	Methods of Calculus	MAC 2233	3					
	Health & Fitness for Life	HSC 2100	2					
	Statistics	STA 2023	3					

Semester 7

	Introduction to Health and Exercise Science	PET 3102	3					
	Biological Principles	BSC 1010	3					
	Biological Principles Lab	BSC 1010L	1					
	Perspectives in Health & Wellness	HSC 3102	3					
	Nutrition in Health & Exercise	PET 3361	3					
	Elective	Varies	3					

Semester 8

	Applications of Training Physiology I	PEP 3192	3					
	General Chemistry II	CHM 2046	3					
	General Chemistry II Lab	CHM 2046L	1					
	Exercise Physiology 1	APK 4110	3					
	Abnormal Psychology	CLP 4144	3					
	Elective	Varies	3					

Semester 10

	Biomechanics	PET 4340C	4					
	Exercise Lab Techniques	APK 4110L	1					
	Neurophysiology Hum Mvmnt	PET 3050	3					
	College Physics 1	PHY 2053	4					
	Elective	Varies	3					
	Elective	Varies	3					

Semester 11

	Elective	Varies	3					
	Internship in ESHPP	PET 4946	3-9					

Approved Elective List (Choose 5 Courses, Minimum of 15 Credit Hours)

Semester	Course Title	Course #	Credits	Grade	Semester	Course Title	Course #	Credits	Grade
	Biodiversity	BSC 1011	3			Genetics	PCB 3063	4	
	Biodiversity Lab	BSC 1011L	1			Gen. Microbio	MCB3020	3	
	Health Promotion	HSC 4581	3			Gen. Microbio L	3020L	1	
	Organic Chem 1	CHM 2210	3			TSAC	PET 4093	3	
	Organic Chem 2	CHM 2211	3			Obesity	PET 4263	3	
	Exercise Physiology 2	APK 4134	2			Appl Train Phys II	PEP 3138	3	
	Psych of Hum Dev	DEP 3053	3			Mgmt. Principles	PET 4404	3	
	Medical Term	HSA 3534	3			DIS	PET 4905	1 - 3	
	Stress Mgmt	HSC 4104	3			Special Topics	PET 4930	3	
	Sexual Health	HSC 4133	3			Practicum	PET 4947	3	
	Weight Mgmt	HSC 4139	3			Ex. Testing/Presc.	PET 4550	4	
	Substance Abuse	HSC 4143	3			College Physics 2	PHY 2054	4	
	Inter. Comm Skills	SDS 4110	3			Sociolog Persp	SYG 1000	3	
	Athletic Cond. Prin	PET 4381	3			DIR	PET 4916	0-3	
	DIR	PET 2196	0-3						

You MUST Have At least 45 hours between 3000-4000 level to graduate

All coursework, including pre-professional requirements, must be completed with a grade of 'C' or higher

Notes

- 1) Internship is required in this concentration.
- 2) Electives must come from the approved list.
- 3) These are the courses that can be taken with internship.
- 4) Only one course can be taken with internship.
- 5) You must see your COS advisor before applying to internship.
- 6) Please see the ESHPP website for the most current information regarding the internship application process and approved sites.






BS EXSC Program Change SIGNED

Final Audit Report

2025-03-13

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