

PHYSICAL EDUCATION MAJOR - EXERCISE SCIENCE CONCENTRATION

Requirements

The Exercise Science concentration is an entry-level professional preparation program that prepares students to enter into the exercise professions including health/wellness and clinical areas. It also prepares those students wishing to pursue graduate education in the exercise professions as well as related careers such as athletic training, physical therapy and the medical professions. Course work includes basic and applied sciences, nutrition, exercise physiology, electrocardiography, exercise assessment/testing and prescription, research and hands on experiences. This major requires a minor that supports the student's individual needs.

36 total credits

Code	Title	Hours
HHP 110	Introduction to HHP Majors/Minors	1.00
HHP 100-HHP 200	Activity Courses ¹	2.00
HLTH 158	Responding To Emergencies and Safety Education	2.00
HLTH 160	Introduction to Health Science and Terminology	2.00
HHP 203	Group Fitness	1.00
HLTH 264	Human Structure & Function	3.00
HLTH 265	Human Structure & Function	3.00
HHP 282	Introduction to Physical Assessment and Exercise Evaluation	2.00
HHP 332	Motor Learning	3.00
HHP 337	Practicum in HHP 102 Lab	2.00
HHP 340	Organization and Administration of Human Performance, Health & Athletics	3.00
HHP 362	Kinesiology	3.00
HHP 363	Exercise Physiology	3.00
HLTH 366	Principles Of Nutrition	3.00
HHP 403	Health Coach	3.00
HHP 497	Senior Capstone Experience	0.00
Total Hours		36.00

¹ HHP 133 Social and Square Dance is **not** allowed