

EXERCISE PHYSIOLOGY MAJOR REQUIREMENTS 2019-2020– version Dec. 7, 2018

Courses in the Department of Health and Exercise Science - HES

<i>Number</i>	<i>Title</i>	<i>Credit</i>	<i>Semester</i>	<i>Year</i>
219	Group Exercise Leadership	1.0	spring, 11:30, M-F	2, 3, or 4
220	Wd&MathL Research & Statistics in HES	1.0	Fall, 11:30, M-F	2 or 3
222	Nutrition and Exercise	0.5	Fall or Spr, 10:30, TR	2 or 3
* 211	Health Behavior	1.0	Fall 9&10:30; Spr 8:00	2,3 or 4
* 227	Health Program Planning	1.0	spring, 8:00	2,3 or 4
*238	Introduction to Epidemiology	1.0	spr. 8:00	2,3 or 4
	* select one from 211, 227, or 238			
234	Human Anatomy/Physiology I + lab	1.0	various times, Fall	1 or 2
235	Human Anatomy/Physiology II + lab	1.0	various times, Spring	1 or 2
300	Research in HES	0.25	fall, 9:00 or spring, 10:30	3 or 4
**309	Biomechanics	1.0	Fall, 1:30-MWF	2, 3 or 4
	** 305, Kinesiology, is no longer available. 309 will substitute for 305			
308	Physiology of Exercise	1.0	Spring, 1:30 MWRF	3
310	Physiological Assessment	1.0	Spring, 12:30, M-F	3
313	Health Fitness Methods	1.0	Spring, 9, M-F	3
350	Human Performance Laboratory	0.5	TR, Fall or Spring	4
398W	Seminar	<u>1.0</u>	MWF, Fall or Spring, 8:00	4
	Total credits	11.25		

- Course times and semesters are subject to change.
- 300 - Co-authors MUST take HES-300 the same semester. Prerequisites are HES-220 and IRB approval.
- 308, 310, 313 are taken in the same spring semester-junior year. Prerequisites are 220, 222, and 234.
- 308, 310, 313 are prerequisites for HES-350, 398, & 368.
(368, Internship, is an elective. It is not required)
- 350 and 398 are all taken in the same semester. Permission required for Fall semester.
- Current CPR certification is required for HES-350, and HES-368 Internship.
- All departmental required courses must be completed with a C- or better.
- Application submission deadline for the EP major is before Thanksgiving break of sophomore year.

Other recommended courses may include: HES-207 Motor Learning; HES-214 Medical Terminology; HES- 212 Lifespan Development; HES-231 Drugs, Sport and Human Performance; PHY-120 General Physics; HES-205 Prevention and Care of Injuries; CPR and First Aid, and HES-200, and 351, Essential Personal Training, 0.5, Fall or Spring, MW, 9:00 (prerequisites for are 233 or 234 and 208 or 308).

Advisors:

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