Human Movement Science Major, Exercise Science Emphasis Plan

The following four-year course of study is suggested for students working toward a Bachelor of Science degree in the Human Movement Science Major with an Exercise Science Emphasis.

Students should consult with their advisor to develop a plan of study tailored to their individual needs and interests.

Freshman Year (26 credits)

Fall Semester (13 credits)

PEP 2000 Introduction and History of Physical Education 2
HEP 2500 Health and Wellness 2
BIOL 1010 (BLS) Biology and the Citizen 3
BIOL 1020 Biological Discovery: A Lab Course 1
MATH 1050 (QL) College Algebra 4
PE activity course 1

Spring Semester (13 credits)

ENGL 1010 (CL1) Introduction to Writing: Academic Prose 3
PSY 1010 (BSS) General Psychology 3
PE activity course 1
Breadth American Institutions (BAI) course 3
Breadth Humanities (BHU) course 3

Sophomore Year (29 credits)

Fall Semester (16 credits)

CHEM 1010 (BPS) Introduction to Chemistry 3
PEP 3000 Dynamic Fitness 3
PEP 3100 Athletic Injuries 3
PE activity course 1
Breadth Creative Arts (BCA) course 3
Exploration Requirement course 3

Spring Semester (15 credits)

BIOL 2320 Human Anatomy 4
ENGL 2010 (CL2) Intermediate Writing: Research Writing in a Persuasive Mode 3
Upper-division Depth Social Sciences (DSS) course 3
HPER elective courses 5

Junior Year (31 credits)

Fall Semester (16 credits)

BIOL 2420 Human Physiology 4
PEP 3250 Anatomical Kinesiology 3
PEP 4400 (QI) Evaluation in Physical Education 3
Upper-division Communications Intensive (CI) course 3
Upper-division Depth Humanities and Creative Arts (DHA) course 3

Spring Semester (15 credits)

PEP 4100 (CI) Exercise Physiology 4
PEP 4200 (QI) Biomechanics 4
Upper-division Communications Intensive (CI) course 3
Upper-division elective course 1
Elective course(s) 3

Senior Year (32 credits)

Fall Semester (15 credits)

PEP 5100 Fitness Assessment and Exercise Programs 4
Elective courses 11

Spring Semester (17 credits)

Elective courses 17