My Degree Map TROY UNIVERSITY

College of Health and Human Services Recommended Academic Plan Exercise Science Program-Wellness/Fitness Program-Year 2013-2014

Troy 1101 University Orientation	1 st Semester/Term 1-2	Hours	2 nd Semester/Term 3-4	Hours
MTH 1112 Pre-Calculus Algebra# 3 CHM 1142/lab General Chemistry/lab 4 BIO 1100/lab General Bio I/lab 4 AREA II Fine Arts (MUS 1131 DR) 2 AREA II Fine Arts (ART 1133 DR) 2 AREA IV History requirement** (HIS 1101 3 IS 2241 Computer Concepts 3 DRDepartmental recommendation) TOTAL 16 TOTAL 16 3rd Semester/Term 1-2 Hours 4th Semester/Term 3-4 Hours KHP 3360 Phys Prin Body Sys 3 KHP 3350 Psychology of Wellness 3 AREA II lit crse (ENG 2205 DR) 3 AREA IV Grp 2 crse opt**(PSY 2210 DR) 3 COM 2241 Fundamentals of Speech 3 Area II Grp 4 crse opt**(ENG 2206 DR) 3 AREA IV Grp 2 crse opt**(PSY 2200 DR) 3 BIO 3347/lab Human A & P I/lab 4 BIO 2220/lab Cell Biology/lab 4 KHP 1142 Beginning Weight Training 1 TOTAL 16 5th Semester/Term 1-2 Hours 6th Semester/Term 3-4 Hours KHP 2311 Human Nutrition 3 KHP 3395 Care/Prevent Athletic Injury 2 KHP 3391 Test/Stat Interpretation 3 KHP 3395 Care/Prevent Athletic Injury 2 KHP 3391 Test/Stat Interpretation 3 KHP 3352 Kinesiology 3 BIO 3348/lab Human A & P II/lab 4 NSG 3315 Pathophysiology 3 AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 2402 First Aid/Safety CPR 2 TOTAL 14 TOTAL 14 7th Semester/Term 1-2 Hours 8th Semester/Term 3-4 Hours KHP 4475 Exercise Test/Prescr 3 KHP 2475 Exercise Physiology 3 KHP 4476 Lab Prac Exercise Performance 2 TOTAL 15 TOTAL 14 7th Semester/Term 1-2 Hours 8th Semester/Term 3-4 Hours KHP 4496/lab Biomechanics/lab 4 KHP 4489 Issues & Pract Cardiac Rehab 3 KHP 4496/lab Biomechanics/lab 4 KHP 4489 Sport/Exercise Nutrition 3 KHP 4406/lab Prin Strength & Cond/lab 4 KHP 4489 Sport/Exercise Nutrition 3 KHP 4406 Lab Prac Exercise Science 1 TOTAL 15 TOTAL 16 9th Semester/Term 1-2 Hours *Indicates an international scope class. (6 hours required. **A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required for all baccalaureate	Troy 1101 University Orientation	1	ENG 1102/04 Comp/Mod English II	3
BIO 1100/lab General Bio I/lab	ENG 1101/03 Comp/Mod English I#	3	BIO 1101/lab Organismal Biology	
AREA II Fine Arts (ART 1133 DR) IS 2241 Computer Concepts TOTAL BY Semester/Term 1-2 Hours AREA IV History requirement** (HIS 1101 TOTAL 16 TOTAL 16 TOTAL 16 TOTAL 16 TOTAL 16 3rd Semester/Term 1-2 Hours KHP 3360 Phys Prin Body Sys AREA II Iit crse (ENG 2205 DR) AREA IV Grp 2 crse opt**(ENG 2205 DR) AREA IV Grp 2 crse opt**(ENG 2206 DR) AREA IV Grp 2 crse opt**(ENG 2206 DR) BIO 3347/lab Human A & P I/lab 4 BIO 2220/lab Cell Biology/lab 4 KHP 1142 Beginning Weight Training 1 TOTAL 5th Semester/Term 1-2 Hours KHP 2391 Test/Stat Interpretation KHP 3391 Test/Stat Interpretation 3 KHP 4474/lab Exercise Physiology AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 3395 Care/Prevent Athletic Injury 2 KHP 3391 Test/Stat Interpretation 3 KHP 3395 Kinesiology 3 BIO 3348/lab Human A & P II/lab 4 NSG 3315 Pathophysiology 3 AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 2202 First Aid/Safety CPR 2 TOTAL 7th Semester/Term 1-2 Hours KHP 4476 Lab Prac Exercise Performance 2 AT 3394 Lift Tech Cond/Rehab Exer 1 KHP 4488 Issues & Pract Cardiac Rehab 3 KHP 4496/lab Biomechanics/lab KHP 4496 Neb Prin Strength & Cond/lab KHP 4495 Phys Act & Disease Prevent 3 KHP 4497 Senior Seme Exercise Science 1 KHP 4498 Internship Exercise Science 3 Advisor-approved elective 2 TOTAL A minimum of 120 hours is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required or alb baccalaureate	MTH 1112 Pre-Calculus Algebra#	3	CHM 1142/lab General Chemistry/lab	4
IS 2241 Computer Concepts TOTAL TOT	BIO 1100/lab General Bio I/lab	4	AREA II Fine Arts (MUS 1131 DR)	2
TOTAL 16 TOTAL 16 3rd Semester/Term 1-2 Hours 4th Semester/Term 3-4 Hours KHP 3360 Phys Prin Body Sys 3 KHP 3350 Psychology of Wellness 3 AREA II lit crse (ENG 2205 DR) 3 AREA IV Grp 2 crse opt**(PSY 2210 DR) 3 COM 2241 Fundamentals of Speech 3 Area II Grp 4 crse opt**(ENG 2206 DR) 3 AREA IV Grp 2 crse opt**(PSY 2200 DR) 3 BIO 3347/lab Human A & P I/lab 4 BIO 2220/lab Cell Biology/lab 4 KHP 1142 Beginning Weight Training 1 TOTAL 16 TOTAL 16 Sth Semester/Term 1-2 Hours 6th Semester/Term 3-4 Hours KHP 2211 Human Nutrition 3 KHP 3395 Care/Prevent Athletic Injury 2 KHP 3391 Test/Stat Interpretation 3 KHP 4474/lab Exercise Physiology/lab 4 KHP 2422 Interm Weight Training 1 KHP 3352 Kinesiology 3 BIO 3348/lab Human A & P II/lab 4 NSG 3315 Pathophysiology 3 BIO 3348/lab Human A & P II/lab 4 NSG 3315 Pathophysiology 3 AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 2202 First Aid/Safety CPR 2 TOTAL 14 TOTAL 14 7th Semester/Term 1-2 Hours 8th Semester/Term 3-4 Hours KHP 4475 Exercise Test/Prescr 3 KHP 4476 Lab Prac Exercise Performance 2 AT 3394 Lift Tech Cond/Rehab Exer 1 KHP 4488 Issues & Pract Cardiac Rehab 3 KHP 4496/lab Biomechanics/lab 4 KHP 4495 Adv Exercise Physiology 3 KHP 4405 Phys Act & Disease Prevent 3 KHP 4497 Senior Sem Exercise Science 1 KHP 4495 Fin Strength & Cond/lab 4 KHP 4495 Forty Serior Sem Exercise Science 1 KHP 4495 Internship Exercise Science 3 KHP 4498 Internship Exercise Science 3 Advisor-approved elective 2 TOTAL 5 Aminimum of 120 hours is required for all baccalaureate	AREA II Fine Arts (ART 1133 DR)	2	AREA IV History requirement** (HIS 1101	3
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COM 2241 Fundamentals of Speech AREA IV Grp 2 crse opt**(PSY 2200 DR) BIO 2220/lab Cell Biology/lab TOTAL 16 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 10 Sth Semester/Term 1-2 Hours KHP 2211 Human Nutrition KHP 2391 Test/Stat Interpretation KHP 2242 Interm Weight Training BIO 3348/lab Human A & P II/lab 4 KHP 3352 Kinesiology 3 BIO 3348/lab Human A & P II/lab 4 KHP 2315 Exercise Physiology/lab 4 KHP 2202 First Aid/Safety CPR TOTAL 14 Total Total 14 Total Total 14 Total T	KHP 3360 Phys Prin Body Sys	3	KHP 3350 Psychology of Wellness	3
AREA IV Grp 2 crse opt**(PSY 2200 DR) BIO 3247/lab Human A & P I/lab 4 KHP 1142 Beginning Weight Training 1 TOTAL 5 th Semester/Term 1-2 KHP 2211 Human Nutrition 3 KHP 3395 Care/Prevent Athletic Injury 2 KHP 3391 Test/Stat Interpretation 3 KHP 4474/lab Exercise Physiology/lab 4 NSG 3315 Pathophysiology 3 BIO 3348/lab Human A & P II/lab AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 2202 First Aid/Safety CPR 2 TOTAL 14 TOTAL 15 Semester/Term 1-2 Hours 8 th Semester/Term 3-4 Hours KHP 4475 Exercise Test/Prescr 3 KHP 4476 Lab Prac Exercise Performance 2 AT 3394 Lift Tech Cond/Rehab Exer 1 KHP 4488 Issues & Pract Cardiac Rehab 3 KHP 4496/lab Biomechanics/lab 4 KHP 4459 Sport/Exercise Nutrition 3 KHP 4460/lab Prin Strength & Cond/lab 4 KHP 4495 Adv Exercise Physiology 3 KHP 4495 Phys Act & Disease Prevent 4 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 19 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 12 TOTAL 13 TOTAL 14 TOTAL 15 TOTAL 16 TOTAL 17 TOTAL 18 TOTAL 19 TOTAL 10 TOTAL 10 TOTAL 11 TOTAL 11 TOTAL 11 TOTAL 11 TO	AREA II lit crse (ENG 2205 DR)	3	AREA IV Grp 2 crse opt**(PSY 2210 DR)	3
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KHP 2211 Human Nutrition3KHP 3395 Care/Prevent Athletic Injury2KHP 3391 Test/Stat Interpretation3KHP 4474/lab Exercise Physiology/lab4KHP 2242 Interm Weight Training1KHP 3352 Kinesiology3BIO 3348/lab Human A & P II/lab4NSG 3315 Pathophysiology3AREA IV Grp 2 crse opt**(SOC 2275 DR)3KHP 2202 First Aid/Safety CPR2TOTAL14TOTAL14TOTAL14TOTAL14KHP 4475 Exercise Test/Prescr3KHP 4476 Lab Prac Exercise Performance2AT 3394 Lift Tech Cond/Rehab Exer1KHP 4488 Issues & Pract Cardiac Rehab3KHP 4496/lab Biomechanics/lab4KHP 4459 Sport/Exercise Nutrition3KHP 4405 Phys Act & Disease Prevent3KHP 4495 Adv Exercise Physiology3KHP 4405 Phys Act & Disease Prevent3KHP 4497 Senior Sem Exercise Science1TOTAL15TOTAL14*Indicates an international scope class. (6 hours required.**A sequence is required in either literature or history. Make selections from AREA II and IV accordingly.Course in BOLD require a grade of C or above.Advisor-approved elective2TOTAL5	TOTAL	16	TOTAL	14
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KHP 2242 Interm Weight Training BIO 3348/lab Human A & P II/lab AREA IV Grp 2 crse opt**(SOC 2275 DR) TOTAL To	KHP 2211 Human Nutrition	3	KHP 3395 Care/Prevent Athletic Injury	2
BIO 3348/lab Human A & P II/lab 4 NSG 3315 Pathophysiology 3 AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 2202 First Aid/Safety CPR 2 TOTAL 14 TOTAL 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 14 Total 15 KHP 4475 Exercise Test/Prescr 3 KHP 4476 Lab Prac Exercise Performance 2 At 3394 Lift Tech Cond/Rehab Exer 1 KHP 4488 Issues & Pract Cardiac Rehab 3 KHP 4496/lab Biomechanics/lab 4 KHP 4459 Sport/Exercise Nutrition 3 KHP 4460/lab Prin Strength & Cond/lab 4 KHP 4495 Adv Exercise Physiology 3 KHP 4405 Phys Act & Disease Prevent 3 KHP 4497 Senior Sem Exercise Science 1 KHP 4487 Special Topics Exer Perform 2 Total 15 Total 14 *Indicates an international scope class. (6 hours required. **A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required for all baccalaureate	KHP 3391 Test/Stat Interpretation	3	KHP 4474/lab Exercise Physiology/lab	4
AREA IV Grp 2 crse opt**(SOC 2275 DR) 3 KHP 2202 First Aid/Safety CPR 2 TOTAL 7 th Semester/Term 1-2 Hours KHP 4475 Exercise Test/Prescr AT 3394 Lift Tech Cond/Rehab Exer AT 4496/lab Biomechanics/lab KHP 4496/lab Biomechanics/lab KHP 4496 Adv Exercise Physiology KHP 4405 Phys Act & Disease Prevent KHP 4497 Senior Sem Exercise Science KHP 4498 Internship Exercise Science Advisor-approved elective TOTAL 3 KHP 2202 First Aid/Safety CPR 2 TOTAL 14 15 KHP 4476 Lab Prac Exercise Performance 2 KHP 4488 Issues & Pract Cardiac Rehab 3 KHP 4495 Sport/Exercise Nutrition 3 KHP 4495 Adv Exercise Physiology 3 KHP 4495 Adv Exercise Physiology 3 KHP 4497 Senior Sem Exercise Science 1 KHP 4487 Special Topics Exer Perform 2 TOTAL 15 TOTAL 16 **Indicates an international scope class. (6 hours required. **A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required for all baccalaureate	KHP 2242 Interm Weight Training	1	KHP 3352 Kinesiology	3
TOTAL To	BIO 3348/lab Human A & P II/lab	4	NSG 3315 Pathophysiology	3
The Semester/Term 1-2 Hours 8th Semester/Term 3-4 Hours KHP 4475 Exercise Test/Prescr 3 KHP 4476 Lab Prac Exercise Performance 2 AT 3394 Lift Tech Cond/Rehab Exer 1 KHP 4488 Issues & Pract Cardiac Rehab 3 KHP 4496/lab Biomechanics/lab 4 KHP 4459 Sport/Exercise Nutrition 3 KHP 4460/lab Prin Strength & Cond/lab 4 KHP 4495 Adv Exercise Physiology 3 KHP 4405 Phys Act & Disease Prevent 3 KHP 4497 Senior Sem Exercise Science 1 KHP 4487 Special Topics Exer Perform 2 TOTAL 15 TOTAL 14 9th Semester/Term 1-2 Hours KHP 4498 Internship Exercise Science 3 Advisor-approved elective 2 TOTAL 5 Mours required. **Indicates an international scope class. (6 hours required. **A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required for all baccalaureate	AREA IV Grp 2 crse opt**(SOC 2275 DR)	3	KHP 2202 First Aid/Safety CPR	2
KHP 4475 Exercise Test/Prescr3KHP 4476 Lab Prac Exercise Performance2AT 3394 Lift Tech Cond/Rehab Exer1KHP 4488 Issues & Pract Cardiac Rehab3KHP 4496/lab Biomechanics/lab4KHP 4459 Sport/Exercise Nutrition3KHP 4460/lab Prin Strength & Cond/lab4KHP 4495 Adv Exercise Physiology3KHP 4405 Phys Act & Disease Prevent3KHP 4497 Senior Sem Exercise Science1TOTAL15TOTAL149th Semester/Term 1-2Hours*Indicates an international scope class. (6 hours required.KHP 4498 Internship Exercise Science3Advisor-approved elective2**A sequence is required in either literature or history. Make selections from AREA II and IV accordingly.Course in BOLD require a grade of C or above.A minimum of 120 hours is required for all baccalaureate	TOTAL	14	TOTAL	14
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KHP 4460/lab Prin Strength & Cond/lab4KHP 4495 Adv Exercise Physiology3KHP 4405 Phys Act & Disease Prevent3KHP 4497 Senior Sem Exercise Science1TOTAL15TOTAL14*Indicates an international scope class. (6 hours required.KHP 4498 Internship Exercise Science3Advisor-approved elective2**A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above.TOTAL5A minimum of 120 hours is required for all baccalaureate	AT 3394 Lift Tech Cond/Rehab Exer	1	KHP 4488 Issues & Pract Cardiac Rehab	
KHP 4405 Phys Act & Disease Prevent 3 KHP 4497 Senior Sem Exercise Science 1 KHP 4487 Special Topics Exer Perform 2 TOTAL 15 TOTAL 14 Semester/Term 1-2 Hours KHP 4498 Internship Exercise Science Advisor-approved elective 2 TOTAL 3 KHP 4497 Senior Sem Exercise Science 1 KHP 4497 Senior Sem Exercise Science 1 **Indicates an international scope class. (6 hours required. **A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required for all baccalaureate	KHP 4496/lab Biomechanics/lab	4	KHP 4459 Sport/Exercise Nutrition	
KHP 4487 Special Topics Exer Perform 2 TOTAL 15 TOTAL 14	KHP 4460/lab Prin Strength & Cond/lab	4	KHP 4495 Adv Exercise Physiology	3
TOTAL 9th Semester/Term 1-2 KHP 4498 Internship Exercise Science Advisor-approved elective TOTAL 15 TOTAL *Indicates an international scope class. (6 hours required. **A sequence is required in either literature or history. Make selections from AREA II and IV accordingly. Course in BOLD require a grade of C or above. A minimum of 120 hours is required for all baccalaureate	KHP 4405 Phys Act & Disease Prevent	3	KHP 4497 Senior Sem Exercise Science	1
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TOTAL 5 A minimum of 120 hours is required for all baccalaureate	Advisor-approved elective	2	j ,	
Minimum hours required for degree 124 degree programs.	TOTAL	5		reate
	Minimum hours required for degree	124	degree programs.	

At least 50% of required coursework must be earned at a senior institution.

At least 25% of the credit hours required for the degree must be completed in residency with Troy University.

At least 12 semester hours of residency must be completed in each major field of study.

A minimum GPA of 2.0 overall and in each major is required to graduate.

DR denotes courses that are strongly recommended by the Department of Kinesiology and Health Promotion.

NOTE: Please consult the Department of Kinesiology and Health Promotion in the College of Health and Human Services or current catalog for other requirements not covered in this document.

General Studies: Exercise Science – Wellness & Fitness Concentration (64 Hours)

Complete all 6 subrequirements

A: AREA I:

ENG-1101 Comp and Modern English I ENG-1102 Comp and Modern English II	3 hours 3 hours
B. AREA II:	
Group 1: Take COM 2241 Fundamentals of Speech Group 2: Select two courses from *ART 1133, *MUS 1131	3 hours
or DRA 2200	4 hours
Group 3: Take three semester hours from the following:	
*ENG 2205, *ENG 2206, ENG 2211, ENG 2212, ENG 2244, ENG 2245,	3 hours
Group 4: Take three semester hours from the following:	3 hours
*CLA 2260, *ENG 2205, *ENG 2206, ENG 2211,	
ENG 2212, ENG 2244, ENG 2245, *FRN 1101,	
*GER 1121. *GRK 1111. *LAT 1131. PHI 2203.	

PHI 2204, *ANT 2280 or *SPN 1141

C. AREA III: Take the following courses:

MTH 1112	Pre-Calculus Algebra	3 hours
CHM 1142/L	General Chemistry with Lab	3/1 hours
BIO 1100/L	Principles of Biology/Lab	3/1 hours

D. AREA IV:

Group 1: Take three hours from the following: HIS 1101,	3 hours
HIS 1102, HIS 1111, HIS 1112, *HIS 1122	
or *HIS 1123	
Group 2: Take nine semester hours from the following:	9 hours
*ANT 2200, *ECO 2251, *ECO 2252, *GEO 2210,	
HIS 1101, HIS 1102, HIS 1111, HIS 1112, *HIS 1122,	
*HIS 1123, *POL 2260, POL 2241, PSY 2200,	
PSY 2210 or SOC 2275	

E. AREA V: Take the following courses:

BIO 1101/L	Organismal Biology/Lab	3/1 hours
BIO 2220/L	Principles of Cell Biology/Lab	3/1 hours
IS 2241	Computer Concepts & Applications	3 hours
TROY 1101	University Orientation	1 hour
KHP 1142	Beginning Weight Training	1 hour
KHP 2242	Intermediate Weight Training	1 hour
KHP 2211	Human Nutrition	3 hours
KHP 2202	First Aid, Safety and CPR	2 hours
KHP 3391	Testing & Statistical Interpretation	3 hours

Exercise Science Program Core Requirements - Program Year 2013-2014 (40 hours)

Take the following courses:

Doth an haveigle or	2 harrag
Patnophysiology	3 hours
Human Anatomy & Physiology/Lab	3/1 hours
Human Anatomy & Physiology/Lab	3/1 hours
Kinesiology	3 hours
Sport & Exercise Nutrition	3 hours
Exercise Physiology/Lab	3/1 hours
Exercise Test & Prescription	3 hours
Lab Practicum in Exercise Performance	2 hours
Issues & Practice in Cardiac	3 hours
Advanced Exercise Physiology	3 hours
Biomechanics/Lab	3/1 hours
Senior Seminar in Exercise Science	1 hour
Internship in Exercise Science	3 hours
	Human Anatomy & Physiology/Lab Kinesiology Sport & Exercise Nutrition Exercise Physiology/Lab Exercise Test & Prescription Lab Practicum in Exercise Performance Issues & Practice in Cardiac Advanced Exercise Physiology Biomechanics/Lab Senior Seminar in Exercise Science

Wellness and Fitness Concentration (20 hours)

Take the following courses:

AT 3394	Lifting Techniques for Conditioning & Rehab.	1 hour
KHP 3350	Psychology of Wellness & Performance	3 hours
KHP 3360	Physiology Principles	3 hours
KHP 3395	Care & Prevention of Athletic Injuries	2 hours
KHP 4405	Physical Activity & Disease Prevention	3 hours
KHP 4460/L	Principles of Strength & Conditioning/Lab	3/1 hours
KHP 4487	Special Topics – Exercise Performance	2 hours
Advisor Approved Electives		2 hours

A grade of 'C' or better is required in the program core and the concentration.

Every reasonable attempt to ensure accuracy has been made. Some courses (such as developmental or pre-requisite courses) are not reflected in this degree map. Completion of degree requirements is based on the specific catalog year for each student.