# TROY UNIVERSITY TM

#### UNIVERSITY M MY DEGREE MAP COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2016-2017

		1 <sup>st</sup> YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER			
				SEMESTER			
TROY 1101	1	ENG 1102/04	3	SELECT COURSES THAT HAVE Not been completed			
ENG 1101/03	3	BIO 1101/L101	3/1	FROM PREVIOUS 2 SEMESTERS OR COURSES			
MTH 1112	3	CHM 1142/L142	3/1	SUCH AS PREREQUISITE COURSES OR COURSES TO BE			
BIO 1100/L100	3/1	FREE ELEC	2	RETAKEN			
AREA II FINE ARTS COURSE	3	AREA IV HIS COURSE	3				
TOTAL	14	TOTAL	16				
		2 <sup>ND</sup> YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER			
				SEMESTER			
KHP 3360	3	AREA IV SS COURSE	3	SELECT COURSES THAT HAVE Not been completed			
AREA II LIT COURSE	3	KHP 3350	3	FROM PREVIOUS 2 Semesters or courses			
BIO 2220/L220	3/1	IS 2241	3	SUCH AS PREREQUISITE COURSES OR COURSES TO BE			
AREA II HUM/FA COURSE	3	BIO 3347/L347	3/1	RETAKEN			
KHP 1142	1	KHP 2242	1				
TOTAL	14	TOTAL	14				
		3 <sup>RD</sup> YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER HRS			
				SEMESTER			
AREA IV SS COURSE	3	KHP 3395	2	KHP 4405 3			
BIO 3348/L348	3/1	KHP 4474/L474	3/1				
AREA II HUM/FA COURSE (LIT COURSE DR)	3	KHP 3352	3				
KHP 2211	3	NSG 3315	3				
КНР 3391	3	KHP 4460/L460	3/1				
TOTAL	16	TOTAL	16				
		4 <sup>th</sup> YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER			
				SEMESTER			
KHP 4475	3	KHP 4476	2	SELECT COURSES THAT HAVE Not been completed			
KHP 4496/L496	3/1	KHP 4488	3	FROM PREVIOUS 2 SEMESTERS OR COURSES			
KHP 4487	2	KHP 4459	3	SUCH AS PREREQUISITE COURSES OR COURSES TO BE			
KHP 2202	2	KHP 4495	3	RETAKEN			
AREA IV SS COURSE	3	KHP 4497	1	1.11/10.11			
	( TEAPER	AT 3394	1	4月 - 1月 日本の日本の			
TOTAL	14	TOTAL	13				
		5 <sup>th</sup> YEAR					
FALL SEMSETER H	IRS		- 11	A Distance in the			
KHP 4498	3			Const Partie 1 3.			
TOTAL 3							
MINIMUM HOURS REQUIRED FOR DEGREE 123							
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### COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN Exercise Science Program-Wellness and Fitness Concentration Program year 2016-2017

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COMPLETE ALL 6 SUB-REQUIREMENTS	(63 HOURS)
A. AREA I:	
Take the following courses: Minimum Grade of "C" required ENG 1101 Comp and Modern English I ENG 1102 Comp and Modern English II	3 hours 3 hours
B. AREA II:	
Take any 1000-2000 level course in literature Take any 1000-2000 level course with an expanded historical and Cultural Scope In Fine Arts, including the disciplines of Art, music, theatre, film, or other fine Arts Area. Take any two 1000-2000 level courses with an expanded Historical and Cultural scope in the humanities/fine Arts Disciplines, including English, foreign languages, religion, Philosophy, classics, theatre, music, dance, communication, Sign Language, interdisciplinary studies, or other humanities/Fine Arts Areas.	3 HOURS 3 HOURS 6 HOURS
C. AREA III:	
Take The Following Courses: Take BIO 1100/L100 Principles of Biology W/Lab CHM 1142/L142 General Chemistry I W/Lab Take MTH 1112 OR Higher ("C" or Better)	3/1 hours 3/1 hours 3 hours
D. AREA IV:	
Take Any 1000-2000 Level Course With A Primary Focus In History. Take Any Three 1000-2000 Level Courses From The Following Social Science Disciplines: Anthropology, Business, Criminal Justice, Economics, Geography, History, Human Services, Leadership, Interdisciplinary Studies, Nursing, Political Science, Psychology, Religion, Social Work, Sociology, Or Other Social Science Areas.	3 hours 9 hours
E. AREA V:	
TAKE THE FOLLOWING COURSES:IS2241COMPUTER CONCEPTS & APPLICATIONSTROY1101UNIVERSITY ORIENTATIONKHP1142BEGINNING WEIGHT TRAININGKHP2242INTERMEDIATE WEIGHT TRAININGBIO2220/L210PRINCIPLES OF CELL BIOLOGY/LABCHM1101/L101ORGANISMAL BIOLOGY/LABKHP2202FIRST AID, SAFETY, CPRKHP2211HUMAN NUTRITIONKHP3391TESTING AND STATISTICAL INTERPRETATION	3 HOURS 1 HOUR 1 HOUR 1 HOUR 3/1 HOURS 3/1 HOURS 2 HOURS 3 HOURS 3 HOURS

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. COMPLE-TION OF DEGREE REQUIREMENTS IS BASED ON THE SPECIFIC CATALOG YEAR FOR EACH STUDENTA MINIMUM OF 120 HOURS IS REQUIRED FOR ALL BACCALAUREATE DEGREE PROGRAMS.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(S) OF STUDY.A MINIMUM GPA OF 2.0 OVERALL AND IN THE MAJOR IS REQUIRED TO GRADUATE.NOTE: PLEASE CONSULT THE COLLEGE OF HEALTH AND HUMAN SERVICES OR CUR-RENT CATALOG FOR OTHER REQUIREMENTS NOT COVERED IN THIS DOCUMENT.NOTES: A SEQUENCE IN LITERATURE OR HISTORY IS REQUIRED. PLEASE CONSIDER THIS REQUIREMENT. WHEN SELECTING COURSEWORK IN AREAS II OR IV.

## COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN Exercise Science Program-Wellness and Fitness Concentration Program year 2016-2017

#### **EXERCISE SCIENCE PROGRAM**

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#### (40 HOURS)

			RALL GPA REQUIRED	
			'ING COURSES:	
		3315	PATHOPHYSIOLOGY	3 HOURS
			HUMAN ANATOMY & PHYSIOLOGY I/LAB	3/1 HOURS
			HUMAN ANATOMY & PHYSIOLOGY II/LAB	3/1 HOURS
		3352	KINESIOLOGY	3 HOURS
			SPORT & EXERCISE NUTRITION	3 HOURS
			Exercise Physiology/Lab	3/1 HOURS
		4475	EXERCISE TEST & PRESCRIPTION	3 HOURS
			LAB PRACTICUM EXERCISE PERFORMANCE	2 HOURS
			ISSUES & PRACTICE CARDIAC REHABILITATION	3 HOURS
			Advanced Exercise Physiology	3 HOURS
			BIOMECHANICS/LAB	3/1 HOURS
			SENIOR SEMINAR IN EXERCISE	1 HOUR
	KHP	4498	INTERNSHIP IN EXERCISE SCIENCE	3 HOURS
MIT	INTEG			(10
WE	LLNESS	AND FITN	ESS CONCENTRATION	(18 HOURS)
WE			ESS CONCENTRATION	(18 HOURS)
WE				( <b>18 hours</b> ) 1 hour
WE	Take T AT	HE FOLLOW	/ING COURSES:	
WE	Таке Т Ат Кнр	HE FOLLOW 3394 3350	/ing Courses: Lifting Techniques For Conditioning And Rehabilitative Exercise	1 HOUR
WE	Таке Т Ат КНР КНР	THE FOLLOW 3394 3350 3360	/ING COURSES: Lifting Techniques For Conditioning And Rehabilitative Exercise Psychology Of Wellness	1 hour 3 hours
WE	Таке Т Ат КНР КНР КНР	THE FOLLOW 3394 3350 3360	/ING COURSES: Lifting Techniques For Conditioning And Rehabilitative Exercise Psychology Of Wellness Physiological Principles Of Body Systems	1 HOUR 3 HOURS 3 HOURS
WE	TAKE T AT KHP KHP KHP KHP	HE FOLLOW 3394 3350 3360 3395 4405	/ING COURSES: Lifting Techniques For Conditioning And Rehabilitative Exercise Psychology Of Wellness Physiological Principles Of Body Systems Care & Prevention Of Athletic Injury	1 HOUR 3 HOURS 3 HOURS 2 HOURS
WE	Таке Т АТ КНР КНР КНР КНР КНР КНР	HE FOLLOW 3394 3350 3360 3395 4405	/ING COURSES: Lifting Techniques For Conditioning And Rehabilitative Exercise Psychology Of Wellness Physiological Principles Of Body Systems Care & Prevention Of Athletic Injury Physical Activity And Disease Prevention	1 HOUR 3 HOURS 3 HOURS 2 HOURS 3 HOURS
	Таке Т АТ КНР КНР КНР КНР КНР КНР КНР	HE FOLLOW 3394 3350 3360 3395 4405 4460/L460 4487	/ING COURSES: LIFTING TECHNIQUES FOR CONDITIONING AND REHABILITATIVE EXERCISE PSYCHOLOGY OF WELLNESS PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS CARE & PREVENTION OF ATHLETIC INJURY PHYSICAL ACTIVITY AND DISEASE PREVENTION PRINCIPLES OF STRENGTH AND CONDITIONING	1 HOUR 3 HOURS 3 HOURS 2 HOURS 3 HOURS 3/1 HOURS

MY DEGREE MAP SERVES AS A GUIDE TO ASSIST YOU WITH THE PROPER SEQUENCE AND SELECTION OF COURSES. IT DOES NOT REPLACE YOUR PROGRAM EVALUATION (AVAILABLE THROUGH TROJAN WEB EXPRESS), WHICH DEPICTS THE OFFICIAL DOCUMENT USED TO CLEAR STUDENTS FOR GRADUATION. MY DEGREE MAP INCLUDES THE REQUIRED COURSE WORK AND SUGGESTED SEQUENCE OF COURSES FOR A PARTICULAR DEGREE PROGRAM. EVERY REASONABLE ATTEMPT HAS BEEN MADE TO ENSURE ACCURACY OF CONTENT. PLEASE KEEP IN MIND THAT SOME COURSES. SUCH AS DEVELOPMENTAL OF PRE-REQUISITE COURSES, ARE NOT REFLECTED IN MY DEGREE MAP. COMPLETION OF DEGREE REQUIREMENTS IS BASED ON THE SPECIFIC CATALOG YEAR UNDER WHICH YOU WERE ADMITTED TO TROY. PLEASE CONSULT THE COLLEGE CATALOG, YOUR ACADEMIC ADVISOR, YOUR SPECIFIC SCHOOL, DEPARTMENT, OR YOUR PROGRAM EVALUATION FOR ANY ADDITIONAL REQUIREMENTS.