

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

1 ST YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER SEMESTER	
TROY 1101	1	ENG 1102/04	3	SELECT COURSES THAT HAVE NOT BEEN COMPLETED FROM PREVIOUS 2 SEMESTERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN	
ENG 1101/03	3	BIO 1101/L101	3/1		
MTH 1112	3	CHM 1142/L142	3/1		
BIO 1100/L100	3/1	FREE ELEC	2		
AREA II FINE ARTS COURSE	3	AREA IV HIS COURSE	3		
TOTAL	14	TOTAL	16		
2 ND YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER SEMESTER	
KHP 3360	3	AREA IV SS COURSE	3	SELECT COURSES THAT HAVE NOT BEEN COMPLETED FROM PREVIOUS 2 SEMESTERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN	
AREA II LIT COURSE	3	KHP 3350	3		
BIO 2220/L220	3/1	IS 2241	3		
AREA II HUM/FA COURSE	3	BIO 3347/L347	3/1		
KHP 1142	1	KHP 2242	1		
TOTAL	14	TOTAL	14		
3 RD YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER SEMESTER	HRS
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		
KHP 3391	3	KHP 4460/L460	3/1		
TOTAL	16	TOTAL	16		
4 TH YEAR					
FALL SEMSETER	HRS	SPRING SEMESTER	HRS	SUMMER SEMESTER	
KHP 4475	3	KHP 4476	2	SELECT COURSES THAT HAVE NOT BEEN COMPLETED FROM PREVIOUS 2 SEMESTERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN	
KHP 4496/L496	3/1	KHP 4488	3		
KHP 4487	2	KHP 4459	3		
KHP 2202	2	KHP 4495	3		
AREA IV SS COURSE	3	KHP 4497	1		
		AT 3394	1		
TOTAL	14	TOTAL	13		
5 TH YEAR					
FALL SEMSETER	HRS				
KHP 4498	3				
TOTAL	3				
MINIMUM HOURS REQUIRED FOR DEGREE					123



COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2016-2017

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

3 HOURS

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.

3 HOURS

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.

6 HOURS

C. AREA III:

TAKE THE FOLLOWING COURSES:

TAKE BIO 1100/L100 PRINCIPLES OF BIOLOGY W/LAB

3/1 HOURS

CHM 1142/L142 GENERAL CHEMISTRY I W/LAB

3/1 HOURS

TAKE MTH 1112 OR HIGHER ("C" OR BETTER)

3 HOURS

D. AREA IV:

TAKE ANY 1000-2000 LEVEL COURSE WITH A PRIMARY FOCUS IN HISTORY.

3 HOURS

TAKE ANY THREE 1000-2000 LEVEL COURSES FROM THE FOLLOWING SOCIAL SCIENCE

9 HOURS

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.

E. AREA V:

TAKE THE FOLLOWING COURSES:

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

BIO 2220/L210 PRINCIPLES OF CELL BIOLOGY/LAB

3/1 HOURS

CHM 1101/L101 ORGANISMAL BIOLOGY/LAB

3/1 HOURS

KHP 2202 FIRST AID, SAFETY, CPR

2 HOURS

KHP 2211 HUMAN NUTRITION

3 HOURS

KHP 3391 TESTING AND STATISTICAL INTERPRETATION

3 HOURS



COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2016-2017

EXERCISE SCIENCE PROGRAM

(40 HOURS)

MINIMUM 2.0 OVERALL GPA REQUIRED

TAKE THE FOLLOWING COURSES:

NSG	3315	PATHOPHYSIOLOGY	3 HOURS
BIO	3347/L347	HUMAN ANATOMY & PHYSIOLOGY I/LAB	3/1 HOURS
BIO	3348/L348	HUMAN ANATOMY & PHYSIOLOGY II/LAB	3/1 HOURS
KHP	3352	KINESIOLOGY	3 HOURS
KHP	4459	SPORT & EXERCISE NUTRITION	3 HOURS
KHP	4474/L474	EXERCISE PHYSIOLOGY/LAB	3/1 HOURS
KHP	4475	EXERCISE TEST & PRESCRIPTION	3 HOURS
KHP	4476	LAB PRACTICUM EXERCISE PERFORMANCE	2 HOURS
KHP	4488	ISSUES & PRACTICE CARDIAC REHABILITATION	3 HOURS
KHP	4495	ADVANCED EXERCISE PHYSIOLOGY	3 HOURS
KHP	4496/L496	BIOMECHANICS/LAB	3/1 HOURS
KHP	4497	SENIOR SEMINAR IN EXERCISE	1 HOUR
KHP	4498	INTERNSHIP IN EXERCISE SCIENCE	3 HOURS

WELLNESS AND FITNESS CONCENTRATION

(18 HOURS)

TAKE THE FOLLOWING COURSES:

AT	3394	LIFTING TECHNIQUES FOR CONDITIONING AND REHABILITATIVE EXERCISE	1 HOUR
KHP	3350	PSYCHOLOGY OF WELLNESS	3 HOURS
KHP	3360	PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS	3 HOURS
KHP	3395	CARE & PREVENTION OF ATHLETIC INJURY	2 HOURS
KHP	4405	PHYSICAL ACTIVITY AND DISEASE PREVENTION	3 HOURS
KHP	4460/L460	PRINCIPLES OF STRENGTH AND CONDITIONING	3/1 HOURS
KHP	4487	SPECIAL TOPICS IN EXERCISE PERFORMANCE	2 HOURS

FREE ELECTIVES REQUIREMENT

(2 HOURS)

TAKE 2 SEMESTER HOURS OF FREE ELECTIVE CREDIT.

2 HOURS