

**MY DEGREE MAP**  
**COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN**  
**EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION**  
**PROGRAM YEAR 2018-2019**

1 <sup>ST</sup> YEAR					
1ST SEMSETER	HRS	2ND 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 OR APPROVED COURSE	3/1		
MTH 1112	3	CHM 1142/L142	3/1		
BIO 1100/L100	3/1	APPROVED ELEC COURSE	2		
AREA II FINE ARTS COURSE	3	AREA IV HIS COURSE	3		
TOTAL	14	TOTAL	16		
2 <sup>ND</sup> YEAR					
3RD SEMSETER	HRS	4TH 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 ACTIVITY COURSE	1		
TOTAL	14	TOTAL	14		
3 <sup>RD</sup> YEAR					
5TH SEMSETER	HRS	6TH 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 <sup>TH</sup> YEAR					
7TH SEMSETER	HRS	8TH 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		
AT 3394	1	KHP 4459	3		
KHP 2202	2	KHP 4495	3		
AREA IV SS COURSE	3	KHP 4497	1		
		KHP 4487	2		
TOTAL	13	TOTAL	14		
5 <sup>TH</sup> YEAR					
9TH SEMSETER		HRS			
KHP 4498	3				
TOTAL	3				
MINIMUM HOURS REQUIRED FOR DEGREE					123





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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	3 HOURS
ENG 1102	COMP AND MODERN ENGLISH II	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 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. 9 HOURS

**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

ANY 1000/2000 LEVEL KHP COURSE 1 HOUR

BIO 2220/L210 PRINCIPLES OF CELL 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

TAKE ONE OF THE FOLLOWING COMBINATIONS

BIO 1101/L101 ORGANISMAL BIOLOGY/LAB 3/1 HOURS

OR  
KHP 2240 PERSONAL & COMMUNITY HEALTH 3 HOURS

KHP 2200 HEALTH CONCEPTS 1 HOUR

OR  
KHP 4427 HEALTH BEHAVIOR 3 HOURS

KHP 2200 HEALTH CONCEPTS 1 HOUR

OR  
KHP 4442 HEALTH EDUCATION 3 HOURS

KHP 2200 HEALTH CONCEPTS 1 HOUR

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. A 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 CURRENT 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.





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**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 (F, SP, SUM B)	3 HOURS
KHP 4459	SPORT & EXERCISE NUTRITION (F, SP)	3 HOURS
KHP 4474/L474	EXERCISE PHYSIOLOGY/LAB (F, SP, SUM A)	3/1 HOURS
KHP 4475	EXERCISE TEST & PRESCRIPTION (F, SP)	3 HOURS
KHP 4476	LAB PRACTICUM EXERCISE PERFORMANCE (F, SP)	2 HOURS
KHP 4488	ISSUES & PRACTICE CARDIAC REHABILITATION (F, SP)	3 HOURS
KHP 4495	ADVANCED EXERCISE PHYSIOLOGY (F, SP)	3 HOURS
KHP 4496/L496	BIOMECHANICS/LAB	3/1 HOURS
KHP 4497	SENIOR SEMINAR IN EXERCISE (F, SP)	1 HOUR
KHP 4498	INTERNSHIP IN EXERCISE SCIENCE (F, SP, SUM)	3 HOURS

**WELLNESS AND FITNESS CONCENTRATION**

**(18 HOURS)**

TAKE THE FOLLOWING COURSES:

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

**ADVISOR APPROVED ELECTIVES**

**(2 HOURS)**

TAKE 2 SEMESTER HOURS OF ADVISOR APPROVED ELECTIVE CREDIT.	2 HOURS
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