

NY DEGREE MAP COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-WELLNESS AND FITNESS CONCENTRATION PROGRAM YEAR 2021-22

		1ST YEAR			
1ST SEMESTER	HRS	2ND SEMESTER	HRS	SUMMER SEA	MESTER
TROY 1101	1	ENG 1102/04	3	SELECT COURSES	
ENG 1101/03	3	BIO 1101/L101 OR APPROVED COURSE	3/1	NOT BEEN COMPLETED FROM PREVIOUS 2 SEMES- TERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN	
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		
		2ND YEAR			
3RD SEMESTER	HRS	4TH SEMESTER	HRS	SUMMER SE	MESTER
КНР 3360	3	AREA IV SS COURSE	3	SELECT COURSES	
AREA II LIT COURSE	3	КНР 3350	3	NOT BEEN COM	S 2 SEMES-
BIO 2220	3	IS 2241	3	TERS OR COURSES SUCH AS Prerequisite courses or	
AREA II HUM/FA COURSE	3	BIO 3347/L347	3/1	COURSES TO BE	RETAKEN
KHP 1142	1	KHP ACTIVITY COURSE	1		
KHP 3345	1				
TOTAL	15	TOTAL	14		
		3RD YEAR			
5TH SEMESTER	HRS	6TH SEMESTER	HRS	SUMMER Semester	HRS
AREA IV SS COURSE	3	КНР 3395	2	KHP 4405	3
BIO 3348/L348	3/1	KHP 4474/L474	3/1		- 1. C. S.
AREA II HUM/FA COURSE (Lit course dr)	3	КНР 3352	3		
KHP 2211	3	KHP 4425	3		
KHP 3391	3	KHP 4460/L460	3/1		
TOTAL	16	TOTAL	16		
		4TH YEAR			
7TH SEMESTER	HRS	8TH SEMESTER	HRS	SUMMER SEMESTER	
KHP 4475	3	KHP 4476	2		
KHP 4496/L496	3/1	KHP 4488	3	Sector Sector	
AT 3394	1	КНР 4459	3		
КНР 2202	2	КНР 4495	3		
AREA IV SS COURSE	3	КНР 4497	1		
and the second		KHP 4487	2		
TOTAL	13	TOTAL	14		
10 Int	15	5TH YEAR	14		
9TH SEMESTER		HRS			
KHP 4498	3	1110			
TOTAL	3				
IOTAL				102	
	IVITINT.	MUM HOURS REQUIRED FO	K DEGREE	123	



MY DEGREE MAP College of health and human services recommended academic plan Exercise science program-wellness and fitness concentration Program year 2021-22

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 courses from the following: ANT 2200, ECO 2251, ECO 2252, GEO 2210, HIS 1101, HIS 1102, HIS 1111, HIS 1112, HIS 1122, HIS 1123, POL 2241, POL 2260, PSY 2200, PSY 2210, OR SOC 2275.	3 hours 9 hours
E. AREA V:	
Take the following courses:Minimum grade of c requiredIS2241Computer Concepts & ApplicationsTROY 1101The University ExperienceKHP1142Beginning Weight Training (F, SP, SUM)	3 hours 1 hour 1 hour
TAKE KHP 2242 OR ANY 1000/2000 LEVEL KHP ACTIVITY COURSEBIO2220PRINCIPLES OF CELL BIOLOGYKHP2202FIRST AID, SAFETY, CPR (F, SP, SUM)KHP2211Human Nutrition (F, SP, SUM)KHP3391Testing And Statistical Interpretation (F, SP)KHP3345MEDICAL TERMINOLOGY	1 HOUR 3 HOURS 2 HOURS 3 HOURS 3 HOURS 1 HOUR
TAKE ONE OF THE FOLLOWING COMBINATIONS BIO 1101/L101 Organismal Biology/Lab	3/1 Hours
OR KHP 2240 PERSONAL & COMMUNITY HEALTH (F, SP, SUM) KHP 2200 HEALTH CONCEPTS (F, SP, SUM)	3 HOURS 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. 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.

MY DEGREE MAP College of Health and Human Services Recommended Academic Plan Exercise Science Program-Wellness and Fitness Concentration Program Year 2021-22

EXERCISE SCIENCE PROGRAM				(40 HOURS)	
	MINIA		ERALL GPA REQUIRED		
			/ING COURSES:		
	KHP		PATHOPHYSIOLOGY (F. SP. SUM)	3 HOURS	
	BIO		HUMAN ANATOMY & PHYSIOLOGY I/LAB	3/1 HOURS	
			HUMAN ANATOMY & PHYSIOLOGY II/LAB	3/1 HOURS	
			KINESIOLOGY (F. SP. SUM)	3 HOURS	
	KHP	4459	SPORT & EXERCISE NUTRITION (F, SP, SUM)	3 HOURS	
	KHP	4474/L474	EXERCISE PHYSIOLOGY/LAB (F, SP, SUM)	3/1 HOURS	
	KHP	4475	Exercise Test & Prescription (F, SP, SUM)	3 HOURS	
	KHP	4476	LAB PRACTICUM EXERCISE PERFORMANCE (F, SP, SUM)	2 HOURS	
	KHP	4488	CARDIOVASCULAR PHYSIOLOGY (F, SP, SUM)	3 HOURS	
	KHP		Advanced Exercise Physiology (F, SP, SUM)	3 HOURS	
	KHP		BIOMECHANICS/LAB (F, SP)	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			ESS CONCENTRATION	(18 HOURS)	
	TAKE T	THE FOLLOW	ING COURSES		
		THE FOLLOW	VING COURSES:		
	AT	3394	LIFTING TECHNIQUES (F)	1 HOUR	
	АТ КНР	3394 3350	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM)	3 HOURS	
	АТ КНР КНР	3394 3350 3360	Lifting Techniques (F) Psychology Of Wellness (F, SP, SUM) Physiological Principles Of Body Systems (F, SP, SUM)	3 HOURS 3 HOURS	
	АТ КНР КНР КНР	3394 3350 3360 3395	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM)	3 HOURS 3 HOURS 2 HOURS	
	AT KHP KHP KHP KHP	3394 3350 3360 3395 4405	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY)	3 HOURS 3 HOURS 2 HOURS 3 HOURS	
	AT KHP KHP KHP KHP KHP	3394 3350 3360 3395 4405 4460/L460	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY) PRINCIPLES OF STRENGTH AND CONDITIONING (F, SP)	3 HOURS 3 HOURS 2 HOURS 3 HOURS 3/1 HOURS	
	AT KHP KHP KHP KHP	3394 3350 3360 3395 4405	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY)	3 HOURS 3 HOURS 2 HOURS 3 HOURS	
AD	АТ КНР КНР КНР КНР КНР КНР	3394 3350 3360 3395 4405 4460/L460 4487	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY) PRINCIPLES OF STRENGTH AND CONDITIONING (F, SP)	3 HOURS 3 HOURS 2 HOURS 3 HOURS 3/1 HOURS	
٨D	AT KHP KHP KHP KHP KHP KHP	3394 3350 3360 3395 4405 4460/L460 4487 APPROVED	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY) PRINCIPLES OF STRENGTH AND CONDITIONING (F, SP) SPRECIAL TOPICS IN EXERCISE PERFORMANCE (SP)	3 HOURS 3 HOURS 2 HOURS 3 HOURS 3/1 HOURS 2 HOURS	
٨D	АТ КНР КНР КНР КНР КНР КНР КНР VISOR / Таке 2	3394 3350 3360 3395 4405 4460/L460 4487 APPROVED	LIFTING TECHNIQUES (F) PSYCHOLOGY OF WELLNESS (F, SP, SUM) PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS (F, SP, SUM) CARE & PREVENTION OF ATHLETIC INJURY (SP, SUM) PHYSICAL ACTIVITY AND DISEASE PREVENTION (SUM ONLY) PRINCIPLES OF STRENGTH AND CONDITIONING (F, SP) SPRECIAL TOPICS IN EXERCISE PERFORMANCE (SP) ELECTIVES	3 HOURS 3 HOURS 2 HOURS 3 HOURS 3/1 HOURS 2 HOURS (2 HOURS)	

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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 WAS AND SUBJECT 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 OR 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.