

**My Degree Map**  
**TROY UNIVERSITY**

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

1 <sup>st</sup> Semester/Term 1-2	Hours	2 <sup>nd</sup> Semester/Term 3-4	Hours
Troy 1101 University Orientation	1	<b>ENG 1102/04 Comp/Mod English II</b>	3
<b>ENG 1101/03 Comp/Mod English I#</b>	3	<b>BIO 1101/lab Organismal Biology</b>	4
<b>MTH 1112 Pre-Calculus Algebra#</b>	3	<b>CHM 1142/lab General Chemistry/lab</b>	4
<b>BIO 1100/lab General Bio I/lab</b>	4	AREA II Fine Arts (MUS 1131 <b>DR</b> )	2
AREA II Fine Arts (ART 1133 <b>DR</b> )	2	AREA IV History requirement** (HIS 1101	3
IS 2241 Computer Concepts	3	<b>DR--Departmental recommendation)</b>	
TOTAL	16	TOTAL	16
3 <sup>rd</sup> Semester/Term 1-2	Hours	4 <sup>th</sup> Semester/Term 3-4	Hours
<b>KHP 3360 Phys Prin Body Sys</b>	3	<b>KHP 3350 Psychology of Wellness</b>	3
AREA II lit crse (ENG 2205 <b>DR</b> )	3	AREA IV Grp 2 crse opt**(PSY 2210 <b>DR</b> )	3
COM 2241 Fundamentals of Speech	3	Area II Grp 4 crse opt**(ENG 2206 <b>DR</b> )	3
AREA IV Grp 2 crse opt**(PSY 2200 <b>DR</b> )	3	<b>BIO 3347/lab Human A &amp; P I/lab</b>	4
<b>BIO 2220/lab Cell Biology/lab</b>	4	KHP 1142 Beginning Weight Training	1
TOTAL	16	TOTAL	14
5 <sup>th</sup> Semester/Term 1-2	Hours	6 <sup>th</sup> Semester/Term 3-4	Hours
<b>KHP 2211 Human Nutrition</b>	3	<b>KHP 3395 Care/Prevent Athletic Injury</b>	2
<b>KHP 3391 Test/Stat Interpretation</b>	3	<b>KHP 4474/lab Exercise Physiology/lab</b>	4
KHP 2242 Interm Weight Training	1	<b>KHP 3352 Kinesiology</b>	3
<b>BIO 3348/lab Human A &amp; P II/lab</b>	4	<b>NSG 3315 Pathophysiology</b>	3
AREA IV Grp 2 crse opt**(SOC 2275 <b>DR</b> )	3	<b>KHP 2202 First Aid/Safety CPR</b>	2
TOTAL	14	TOTAL	14
7 <sup>th</sup> Semester/Term 1-2	Hours	8 <sup>th</sup> Semester/Term 3-4	Hours
<b>KHP 4475 Exercise Test/Prescr</b>	3	<b>KHP 4476 Lab Prac Exercise Performance</b>	2
<b>AT 3394 Lift Tech Cond/Rehab Exer</b>	1	<b>KHP 4488 Issues &amp; Pract Cardiac Rehab</b>	3
<b>KHP 4496/lab Biomechanics/lab</b>	4	KHP 4459 Sport/Exercise Nutrition	3
<b>KHP 4460/lab Prin Strength &amp; Cond/lab</b>	4	<b>KHP 4495 Adv Exercise Physiology</b>	3
<b>KHP 4405 Phys Act &amp; Disease Prevent</b>	3	<b>KHP 4497 Senior Sem Exercise Science</b>	1
		<b>KHP 4487 Special Topics Exer Perform</b>	2
TOTAL	15	TOTAL	14
9 <sup>th</sup> 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 <b>BOLD</b> require a grade of C or above. A <b>minimum</b> of 120 hours is required for all <b>baccalaureate degree programs</b> .	
KHP 4498 Internship Exercise Science	3		
Advisor-approved elective	2		
TOTAL	5		
<b>Minimum hours required for degree</b>	124		

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:

<b>ENG-1101 Comp and Modern English I</b>	<b>3 hours</b>
<b>ENG-1102 Comp and Modern English II</b>	<b>3 hours</b>

### B. AREA II:

Group 1: Take COM 2241 Fundamentals of Speech	3 hours
Group 2: Select two courses from *ART 1133, *MUS 1131 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: *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	3 hours

### C. AREA III: Take the following courses:

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

### D. AREA IV:

Group 1: Take three hours from the following: HIS 1101, HIS 1102, HIS 1111, HIS 1112, *HIS 1122 or *HIS 1123	3 hours
Group 2: Take nine semester hours from the following: *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	9 hours

### E. AREA V: Take the following courses:

<b>BIO 1101/L</b>	<b>Organismal Biology/Lab</b>	<b>3/1 hours</b>
<b>BIO 2220/L</b>	<b>Principles of Cell Biology/Lab</b>	<b>3/1 hours</b>
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
<b>KHP 2211</b>	<b>Human Nutrition</b>	<b>3 hours</b>
<b>KHP 2202</b>	<b>First Aid, Safety and CPR</b>	<b>2 hours</b>
<b>KHP 3391</b>	<b>Testing &amp; Statistical Interpretation</b>	<b>3 hours</b>

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

**Take the following courses:**

<b>NSG 3315</b>	<b>Pathophysiology</b>	<b>3 hours</b>
<b>BIO 3347/L</b>	<b>Human Anatomy &amp; Physiology/Lab</b>	<b>3/1 hours</b>
<b>BIO 3348/L</b>	<b>Human Anatomy &amp; Physiology/Lab</b>	<b>3/1 hours</b>
<b>KHP 3352</b>	<b>Kinesiology</b>	<b>3 hours</b>
<b>KHP 4459</b>	<b>Sport &amp; Exercise Nutrition</b>	<b>3 hours</b>
<b>KHP 4474/L</b>	<b>Exercise Physiology/Lab</b>	<b>3/1 hours</b>
<b>KHP 4475</b>	<b>Exercise Test &amp; Prescription</b>	<b>3 hours</b>
<b>KHP 4476</b>	<b>Lab Practicum in Exercise Performance</b>	<b>2 hours</b>
<b>KHP 4488</b>	<b>Issues &amp; Practice in Cardiac</b>	<b>3 hours</b>
<b>KHP 4495</b>	<b>Advanced Exercise Physiology</b>	<b>3 hours</b>
<b>KHP 4496/L</b>	<b>Biomechanics/Lab</b>	<b>3/1 hours</b>
<b>KHP 4497</b>	<b>Senior Seminar in Exercise Science</b>	<b>1 hour</b>
<b>KHP 4498</b>	<b>Internship in Exercise Science</b>	<b>3 hours</b>

**Wellness and Fitness Concentration (20 hours)**

**Take the following courses:**

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

**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.**