

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

1 <sup>ST</sup> YEAR				
FALL SEMESTER	HRS	SPRING SEMESETER	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	AREA II HUM/FA COURSE	3	
AREA II FINE ARTS COURSE	3	FREE ELEC	1	
TOTAL	14	TOTAL	15	
2 <sup>ND</sup> YEAR				
FALL SEMESTER	HRS	SPRING SEMESETER	HRS	SUMMER SEMESTER
CHM 1143/L143	3/1	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 2211	3	
BIO 2220/L220	3/1	IS 2241	3	
KHP 3360	3	BIO 3347/L347	3/1	
KHP 1142	1	KHP ELEC	1	
		KHP 2202	2	
TOTAL	15	TOTAL	16	
3 <sup>RD</sup> YEAR				
FALL SEMESTER	HRS	SPRING SEMESETER	HRS	SUMMER SEMESTER
AREA IV SS COURSE	3	KHP 3311	3	SELECT COURSES THAT HAVE NOT BEEN COMPLETED FROM PREVIOUS 2 SEMESTERS OR COURSES SUCH AS PREREQUISITE COURSES OR COURSES TO BE RETAKEN
BIO 3348/L348	3/1	KHP 4474/L474	3/1	
AREA II HUM/FA COURSE (LIT COURSE DR)	3	KHP 3352	3	
KHP 3310/L310	3/1	AREA IV SS COURSE	3	
		KHP 3315	2	
TOTAL	14	TOTAL	15	
4 <sup>TH</sup> YEAR				
FALL SEMESTER	HRS	SPRING SEMESETER	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 3316	3	KHP 4459	3	
KHP 4458	3	KHP 4495	3	
NSG 3315	3	KHP 4497	1	
		AREA IV HIS COURSE	3	
TOTAL	16	TOTAL	15	
5 <sup>TH</sup> YEAR				
FALL SEMESTER	HRS			
KHP 4498	3			
TOTAL	3			
<b>MINIMUM HOURS REQUIRED FOR DEGREE</b>				<b>123</b>



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PROGRAM YEAR 2018-2019

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 3 HOURS

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 6 HOURS

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.

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 ("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

ANY 1000-2000 LEVEL KHP COURSE 1 HOUR

BIO 2220/L210 PRINCIPLES OF CELL BIOLOGY/LAB 3/1 HOURS

CHM 1143/L143 GENERAL CHEMISTRY II W/LAB 3/1 HOURS

KHP 2202 FIRST AID, SAFETY, CPR 2 HOURS

KHP 2211 HUMAN NUTRITION 3 HOURS

KHP 3360 PHYSIOLOGICAL PRINCIPLES OF BODY SYSTEMS 3 HOURS

## COLLEGE OF HEALTH AND HUMAN SERVICES RECOMMENDED ACADEMIC PLAN EXERCISE SCIENCE PROGRAM-NUTRITION CONCENTRATION PROGRAM YEAR 2018-2019

### 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

### NUTRITION CONCENTRATION

(19 HOURS)

TAKE THE FOLLOWING COURSES:

KHP 3310/L310	INTRODUCTION TO FOOD SCIENCE W/LAB	3/1 HOURS
KHP 3311	NUTRITIONAL ASSESSMENT	3 HOURS
KHP 3315	COMPLEMENTARY AND ALTERNATIVE THERAPIES	2 HOURS
KHP 3316	COMMUNITY NUTRITION	3 HOURS
KHP 4458	LIFECYCLE NUTRITION	3 HOURS

TAKE ONE OF THE FOLLOWING COMBINATIONS:

BIO 1101/L101	ORGANISMAL BIOLOGY	3/1 HOURS
OR		
KHP 2240	PERSONAL AND COMMUNITY HEALTH	3 HOURS
KHP 2200	HEALTH CONCEPTS	1 HOUR
OR		
KHP 3350	PSYCHOLOGY OF WELLNESS AND PERFORMANCE	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
OR		
KHP 4460/L460	PRINCIPLES OF STRENGTH AND CONDITIONING/LAB	3/1 HOURS
OR		
BIO 3372/L372	MICROBIOLOGY/LAB	3/1 HOURS
OR		
CHM 3342/L342	ORGANIC CHEMISTRY/LAB	3/1 HOURS

### FREE ELECTIVES REQUIREMENT

(1 HOUR)

TAKE 1 SEMESTER HOUR OF FREE ELECTIVE CREDIT.	1 HOUR
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