

EXERCISE SCIENCE CURRICULUM

Courses Required for an Exercise Science Major:

- PE 150 Introduction to Physical Education 1 cr
- PE 220 Coaching Theory 2 cr
- PE 370 Kinesiology 3 cr (prerequisite: BIO 151)
- PE 387 Fitness Assessment and Exercise Prescription 3 cr (prerequisite: BIO 151 and BIO 152)
- PE 410 Measurement and Evaluation in Physical Education 3 cr
- PE 440 Physiology of Exercise 3 cr (prerequisite: BIO 152)
- PE 473 Physical Education Senior Project 3 cr
- PE 477 Advanced Physiology of Exercise 3 cr (prerequisite: PE 370, PE 387, PE 440, and CHEM 122)
- PE 486 Internship in Physical Education or Athletics 3 cr

Students must also complete:

- PHYS 111 Essentials of Physics 3 cr
- PSY 201 Statistical Methods 3 cr
- BIO 205 Fundamental Nutrition 3 cr OR BIO 260 Human Nutrition 3 cr

A Minor in either Human Biology or Chemistry is also required.

Required courses for these programs are:

Human Biology Minor (16 credits):

- BIO 151 Human Biology I 4 cr
- BIO 152 Human Biology II 4 cr
- BIO 260 Human Nutrition 3 cr
- Biology Electives 5 cr

Chemistry Minor (16 credits):

- CHEM 121 General Chemistry I 4 cr
- CHEM 122 General Chemistry II 4 cr
- Chemistry Electives 8 cr

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