

**Recommended Course Sequence
Bachelor of Science: Exercise Science (0308)**

| Semester 1 | Semester 2 | Semester 3 | Semester 4 | Semester 5 | Semester 6 | Semester 7 | Semester 8 |
|--|--|--|--|---|--|---|--|
| ENGL 101 College Writing Skills (3 Credits) | ENGL 102 Research Writing (3 Credits) | HPE 300 App Anatomy & Physiology for HPE I (3 Credits) | HPE 384 Tech Integration in HPE (3 Credits) | HPE 314 Kinesiology (3 Credits) | HPE 360 Adapted Physical Education (3 Credits) | HPE 312 Org. Admin. Rec. Sport Prog. (3 Credits) | HPE 496 Internship in HPE (12 Credits) |
| HPE 132 Health/Fitness Promotion in Workplace (3 Credits) | HPE 222 Principles of Fitness Instruction (3 Credits) | CORE 7 PHYS 101 Physical Science (3 credits) -or- PHYS 201 Physics 1 (4 Credits) | HPE 301 App Anatomy & Physiology for HPE II (3 Credits) | HPE 350 Exercise Physiology I (3 Credits) | HPE 365 Exercise Testing & Prescri. (3 Credits) | HPE 406 Worksite Field Experience (3 Credits) | |
| HPE 265 Health Emergencies (3 Credits) | CORE 6 (3 Credits) | HPE 270 Sports Nutrition (3 Credits) | HPE 223, HPE 310, OR HPE 410 (3 Credits) | HPE 402 Legal Aspects of Sports/Rec (3 Credits) | HPE 450 Exercise Physiology II (3 Credits) | Distribution 2 (3 Credits) | |
| MATH 104 Finite Math or Higher (3 Credits) | Free Elective BIOL 101 Human Biology (3 Credits) | CORE 1 (3 Credits) | CORE 3 (3 Credits) | Distribution 3 STAT 260 Elements of Statistics (3 Credits) | HPE 470 Research in Human Performance (3 Credits) | Free Elective (3 Credits) | |
| CORE 4 PSYC 101 Intro to Psychology (3 Credits) | Free Elective (3 Credits) | CORE 2 (3 Credits) | CORE 5 (3 Credits) | Distribution 1 (3 Credits) | Free Elective (3 Credits) | Free Elective (3 Credits) | |
| | | | | Free Elective (3 Credits) | | | |

 General Education Requirements

 Major Requisites

 Free Electives

 Major Core Courses

 Major Courses

Effective Fall 2020