



COLLEGE OF EDUCATION

PLAN OF STUDY

Department of Kinesiology
Exercise Science (Non-Certification)
Health Professions Track

Name: _____ S#: _____ Date: _____

Address: _____ Phone: _____

Email: _____ Advisor: _____ Email: _____

University Core – The core GPA must be 2.00 or higher (+ indicates core courses)

COURSE	SEM HRS	GRADE	SEM/TERM	NOTES
Written Composition - 2 courses required				
+ENGL 1010/ENGL 1017	3			
+ENGL 1020/ENGL 1027	3			
Humanities and Fine Art - 4 courses required				
<i>Literature Elective (One course minimum; must take a two course sequence in literature or history)</i> <i>ENGL 2530, ENGL 2540, ENGL 2570, ENGL 2580, ENGL 2600, ENGL 2610, ENGL 2670, ENGL 2680</i>				
+	3			
+	3			
<i>Fine Arts Elective - One or two courses - VISU 1000, VISU 2030, VISU 2040, MUSI 2110, or THEA 2040</i>				
+	3			
	3			
+COMM 1010/COMM	3			
Natural Sciences and Mathematics - 3 courses required				
+BIOL 1010/1011 Principles of Biology I	3/1			
+CHEM 1100/1101 General Chemistry I	3/1			
Mathematics Elective-Select one of the following: MATH 1050, MATH 1120 or MATH 1150.	3 - 5			
History, Social and Behavioral Sciences - 4 courses required				
<i>History (One course minimum; must take a two course sequence in history or literature)</i>				
+	3			
+	3			
<i>Electives-2 or 3 courses required (Choose from ANTH 2110, ECON 2000, ECON 2010, ECON 2020, GEOG 2050, GEOG 2150, HIST 1010, HIST 1020, HIST 1060, HIST 1070, HIST 1080, HIST 1090, POLS 2020, PSYC 1000, PSYC 2780, SOCI 2000)</i>				
+PSYC 1000	3			
+	3			
	3			
Other Additional Required Courses:				
+UNIV 1000 (required of all entering students with less than 24 earned credit hrs. and transfer students with a GPA of 2.2 or lower; take within the first academic year)	3			
BIOL 2093 Essentials of A and P (Fall)	4			
PHED Elective	3			
PHED 2010/2011 FNDS of Health & Phys. Education	3/0			
PHED 2203 Wellness	3			
Select two PHED Activity courses	2			
	2			

Check Point: Two course sequence satisfied in (Circle One)

A. Literature

B. History

7/21/2021

Exercise Science (Non-Certification)

Updated 2/20/2024

NOTE: The semesters indicated by each physical education course are tentative and the Department Chair has the right to make changes if necessary due to class enrollment.

COURSE	HRS	GRADE	SEM/TERM	NOTES
Physical Education (25 semester hours) (check catalog for pre-requisites)				
PHED 4003/4004 lab Physiology of Exercise/Lab (Fall & Summer)	3/1			
PHED 4010 Exercise Pathophysiology (Spring) (pre-req. PHED 4003)	3			
PHED 4043 Kinesiology (pre-req. BIOL 2100/2101 or 2093)	3			
PHED 4044 Biomechanics (Spring) (pre-req. 4043)	3			
PHED 4153 Exercise Prescription (Spring) (pre-req. PHED 4003)	3			
PHED 4193 Measurement & Evaluation in Exercise Science (Spring)	3			
PHED 4230 Principles of Strength & Conditioning (Fall) (pre-req. PHED 4003)	3			
PHED 2250 Basic Sport Nutrition (Fall, Summer)	3			
Exercise Science (Health Professions Track) 28 hours minimum				
Advisor Approved Electives				
PSCI 1100/1101 Intro to Physical Science	3/1			
PHED 4270 Sociology of Sport (Summer)	3			
PHED 4310 Ethics in Sports (Summer)	3			
PHED 4363 Emergency Medical Care (Fall, Spring) half term	3			
PHED 4383 Fundamentals of Athletic Training (Fall) half term	3			
PHED 4800 Psychology of Coaching (Fall)	3			
PHED Elective OR CHEM II (for SN minor)	3			
PHED Elective OR Other Advisor Approved Elective	3			
PHED Elective OR Other Advisor Approved Elective	3			
Internship - Must be Admitted to the Internship (9 hours) - Must make a C or better.				
PHED 4922 Internship in Exercise Science (see Kine. Dept. req. focus Sport Nutrition)	9/0			
PHED 4992 Health Fitness Test *Swim Test (required to pass before graduation) (0 credits)				

*A minimum of 120 semester hours and an overall GPA of at least 2.5 are required for graduation.

Minor - Sports Nutrition (15 hours) – Signature: _____				
PHED 4210 Nutrition Assessments (Spring)	3			SN
PHED 4220 Lifecycle and Community Nutrition (Fall)	3			SN
PHED 4240 Metabolism and Function of Nutrients I (Fall)	3			SN
PHED 4280 Metabolism and Function of Nutrients II (Spring)	3			SN
PHED 4950 Advanced Topics in Sports Nutrition (Spring)	3			SN
Minor - Sport Management (18 hours) – Signature: _____				
PHED 4310 Ethics in Sports	3			SM
PHED 4330 Sport Marketing	3			SM
PHED 4340 Risk Management and Legal Issues	3			SM
PHED 4360 Sport Finance	3			SM
PHED 4380 Leadership in Sport Organizations	3			SM
PHED Elective	3			SM