

# EXSS Exercise Physiology Checklist

## General Education Requirements

\_\_\_ENG 1050 Composition I

\_\_\_ENG 1060 Composition II

- \_\_\_1. Fine Arts (ART 2020, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE 2500)
- \_\_\_2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2190, 2200, 2230, 2240, 2410, 2470, 2480)
- \_\_\_3. History (HST 1010, 1020, 1100, 1110, 1140, 1150)
- \_\_\_4. Religion or Philosophy (REL 1080, 1300; PHI 1000, 1010, 2040)

### Social Sciences – Choose any 3 of the 5 below

- \_\_\_1. Economics (ECN 1000, 2020, 2030, 2410)
- \_\_\_2. Geography (GGY 1010, 1020, 2000, 2060)
- \_\_\_3. Political Science (PSPA 1000, 1010)
- \_\_\_4. Psychology (PSY 1010)
- \_\_\_5. Sociology (SOC 1020, 1050, 2090)

### Natural Sciences – Choose any 2 of the 4 below

- \_\_\_1. Biology (BIO 1000, 1030, 1060; ENV 2100)
- \_\_\_2. Chemistry (CHM 1300, 1400)
- \_\_\_3. Geology (GLY 1150, 2460)
- \_\_\_4. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000)

### PE 1-Hour Activity Requirements

- \_\_\_1. \_\_\_\_\_
- \_\_\_2. \_\_\_\_\_

### General Education Electives (see back page)

- \_\_\_1. \_\_\_\_\_(3)
- \_\_\_2. \_\_\_\_\_(3)

## Math Requirement (Choose one):

\_\_\_MAT 1050, 1070, 1080, 1090, 2150, 2210

\_\_\_FRS 1000 (1)

**Total General Education Hours = 45**

## EXSS Core Requirements

\_\_\_HLTH 1060 Safety & First Aid (1)

\_\_\_HLTH 3770 Drugs and Society (3)

\_\_\_PED 1340 Swimming (1)

\_\_\_PED 2060 Nutrition (1)

\_\_\_PED 2070 Technology in HPER (1)

\_\_\_PED 3480 Kinesiology (3)

\_\_\_PED 3490 Anatomy and Physiology (3)

\_\_\_PED 4030 Facilities Design in HPER (3)

\_\_\_PED 4150 Organ & Admin of PE/Sport (3)

\_\_\_REC 3270 Creating Funding (1)

## Exercise Physiology Requirements

\_\_\_ATH 1040 Introduction to Athletic Training (3)

\_\_\_HLTH 3300 Health/Fitness Assessment Skills (3)

\_\_\_HLTH 4100 Health/Fitness Behavior Changes (3)

\_\_\_PED 3400 Exercise & Sport Psychology (3)

\_\_\_PED 4020 Applied Exercise Science Lab (3)

\_\_\_PED 4110 Biomechanics (3)

\_\_\_PED 4120 Exercise Physiology (3)

\_\_\_PED 4240 Tests & Measurements (3)

\_\_\_REC 4000 Therapeutic Recreation (3)

Six Coaching Courses (6)
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**Free Electives = 22 hours**

(See reverse for elective hours worksheet)

**Total Degree Hours = 120**