

# Exercise Science Course Plan

## Catalog Year 2019-2020

### Legend

**\* Major Requirement**

Must be taken to fulfill major requirements.

**† Major Elective**

Must be taken to fulfill major requirements, or replaced with an equivalent course.

**‡ Gen-Ed Requirement**

Must be taken to fulfill general education requirements.

**§ Elective**

Can be chosen from a selection of courses.

*See MyGFU for detailed academic requirements.*

### First Year

#### Fall Semester

|   |                   |
|---|-------------------|
| General Chemistry (CHEM 211) *              | 4 credits         |
| Knowing and Being Known (LIBA 100) ‡        | 3 credits         |
| I Believe I (THEO 101) ‡                    | 3 credits         |
| *MATH GE Requirement (MATH 190 or higher) ‡ | 4 credits         |
| Intro to Exercise Science (HHPE 285) †      | 2 credits         |
| <b>Semester Total</b>                       | <b>16 credits</b> |
| <b>Cumulative Total</b>                     | <b>16 credits</b> |

#### Spring Semester

|  |                   |
|--|-------------------|
| General Chemistry (CHEM 212) *             | 4 credits         |
| General Psychology (PSYC 150) *            | 3 credits         |
| I Believe II (THEO 102) ‡                  | 3 credits         |
| Introduction to Communication (COMM 100) ‡ | 3 credits         |
| Lifelong Fitness (HHPA 120) ‡              | 2 credits         |
| <b>Semester Total</b>                      | <b>15 credits</b> |
| <b>Cumulative Total</b>                    | <b>31 credits</b> |

## Second Year

### Fall Semester

|   |                   |
|---|-------------------|
| Human Anatomy & Physiology (BIOL 221) *                           | 4 credits         |
| Care and Prevention of Athletic Injuries (HHPE 390) *             | 3 credits         |
| Statistical Procedures (Can be PSYC 240 or MATH 240) (PSYC 240) * | 3 credits         |
| Bible Elective GE Requirement (BIBL 215/315 or RELI 215) ‡        | 3 credits         |
| HUMA 290 or Fine Arts GE Requirement ‡                            | 3 credits         |
| <b>Semester Total</b>   | <b>16 credits</b> |
| <b>Cumulative Total</b>   | <b>47 credits</b> |

### Spring Semester

|   |                   |
|---|-------------------|
| Human Anatomy & Physiology (BIOL 222) *                 | 4 credits         |
| History/Politics/International Affairs GE Requirement ‡ | 3 credits         |
| HUMA 205 or Philosophy & Literature GE Requirement ‡    | 3 credits         |
| Elective Credits §                                      | 6 credits         |
| <b>Semester Total</b>                                   | <b>16 credits</b> |
| <b>Cumulative Total</b>                                 | <b>63 credits</b> |

## Third Year

### Fall Semester

|  |                   |
|--|-------------------|
| General Physics (PHYS 201) *   | 4 credits         |
| Kinesiology (HHPE 394) *   | 3 credits         |
| *Additional Major Elective Requirement (Some courses are offered in alternative years; plan accordingly) * | 2 credits         |
| Elective Credit §  | 6 credits         |
| Internships: Finding/Succeeding (CPAS 216 optional/recommended) §  | 1 credits         |
| <b>Semester Total</b>  | <b>16 credits</b> |
| <b>Cumulative Total</b>  | <b>79 credits</b> |

### Spring Semester

|  |                   |
|--|-------------------|
| General Physics (PHYS 202) *             | 4 credits         |
| Exercise Physiology and Lab (HHPE 430) * | 3 credits         |
| Intercultural GE Requirement ‡           | 3 credits         |
| Elective Credits §                       | 6 credits         |
| <b>Semester Total</b>                    | <b>16 credits</b> |
| <b>Cumulative Total</b>                  | <b>95 credits</b> |

## Fourth Year

### Fall Semester

|                                   |           |
|-----------------------------------|-----------|
| HHP Field Experience (HHPE 475) * | 3 credits |
|-----------------------------------|-----------|

|   |                    |
|---|--------------------|
| Senior Seminar (HHPE 490 ) *  | 1 credits          |
| *Biology Elective Requirement (Some courses are offered in alternative years; plan accordingly) † | 4 credits          |
| Navigating College to Career (CPAS 318 optional/recommended) §                                    | 1 credits          |
| Elective Credits §  | 7 credits          |
| <b>Semester Total</b>   | <b>16 credits</b>  |
| <b>Cumulative Total</b>   | <b>111 credits</b> |

### Spring Semester

|  |                    |
|--|--------------------|
| **Motor Development and Motor Skill Learning (HHPE 470) *  | 3 credits          |
| *Additional Elective Requirement (Some courses are offered in alternative years; plan accordingly) * | 3 credits          |
| Engaging Christ in Transition (LIBA 400) ‡   | 3 credits          |
| Elective Credits §   | 6 credits          |
| <b>Semester Total</b>  | <b>15 credits</b>  |
| <b>Cumulative Total</b>  | <b>126 credits</b> |