

# Exercise and Health Science



## Foundations Requirement (16 credits)

- EXHS 111 Introduction to Exercise and Health Science (4 credits)
- MATH 124 Probability and Statistical Inference (4 credits) OR  
PSYC 221 Applied Behavioral Statistics (4 credits)
- Nutrition 125 Concepts of Nutrition Science (4 credits w/lab)
- BIOL 216 Human Physiology (4 credits) OR  
BIOL 325 Human Anatomy and Physiology I (4 credits w/lab)

## Inquiry and Analysis Requirement (8 credits; EXHS 301 and either EXHS 306 or EXHS 308)

- EXHS 301 Research Methods in Exercise Science (4 credits)
- EXHS 306 Kinesiology (4 credits w/lab)
- EXHS 308 Exercise Physiology (4 credits w/lab)

## Professional Development Requirement (4 credits; select one course)

- EXHS 302 Clinical Healthcare: Theory and Application (4 credits w/lab)
- EXHS 303 Physical Activity Epidemiology (4 credits)
- EXHS 310 Principles of Strength Training and Conditioning (4 credits w/lab)

## Client-Centered Perspectives Requirement (4 credits; select one course)

- EXHS 323 Sport in a Diverse Society (4 credits)
- EXHS 324 Sport and Exercise Psychology (4 credits)
- EXHS 390 Sport Ethics (4 credits)

## Elective Courses (8 credits)

- BIOL 326 Human Anatomy and Physiology II (4 credits w/lab)
- EXHS 203 Coaching Methods (2 credits)
- EXHS 204 Sport Nutrition (2 credits)
- EXHS 210 Functional Human Anatomy (2 credits)
- EXHS 230 Sport Injury Management I (2 credits)
- EXHS 231 Sport Injury Management II (2 credits)
- EXHS 299 Research Practicum (1-4 credits)
- NUTR 301 Diet, Health, and Disease Prevention (4 credits)
- PHYS 105 Physics for the Life Sciences I (4 credits w/lab)
- THEA 105 Introduction to Modern Dance (4 credits)
- Any EXHS course not already applied to the major

## Capstone (4 credits; select one Capstone option)

- Research Capstone: EXHS 394 Research Design in Exercise and Health Science (2 credits) AND EXHS 395 Research Seminar I (1 credit) AND EXHS 396 Research Seminar II (1 credit)
- Internship Capstone: EXHS 397 Internship (4 credit)

## Assessment of Student Learning (0 credits)

- EXHS XXXA Assessment of Student Learning (0 credits)

